Sid Gillman - "Father of the Modern Passing Game"

Coach Gillman's Final Playbook: 1981 Philadelphia Eagles Pass Offense



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81 Philadelphia Eagles

Sid Gillman

I. DROPBACK PASSING GAME MECHANICS

1.1 STRUCTURE

1. The mechanics of how the pass offense is put together are structured for definition purposes into four categories that are all co-ordinated into one clearly defined offensive play.

2. Each phase of the call directs the four units that are involved in the execution of the play.
   - 2.1 Quarterback
   - 2.2 Offensive Line
   - 2.3 Receivers
   - 2.4 Runningbacks

3. Theoretically, this should eliminate any breakdown in communications, define responsibilities and allow flexibility without taking away from execution.

4. The four categories making up each call are:
   - 4.1 Series
   - 4.2 Protection
   - 4.3 Pattern
   - 4.4 Flare Control

1.2 SERIES CALL

1. The Series Call is the first thing called by the QB when putting together a pass play.
2. The one call takes care of defining the area of attack the initial QB read, the depth of the QBs drop and in most cases the protection needed.
3. Ten Series
   - 3.1 SOLID: Maximum protection - No backs out.
   - 3.2 QUICK: Short Passing Game.
   - 3.3 FIRM: Medium Passing Game.
   - 3.4 FLARE: Both RBs S.P.U.
   - 3.5 EAST: Weakside Series HB S.P.U.
   - 3.6 WEST: Weak Flood Series
   - 3.7 NORTH: Strongside Series - FB S.P.U.
   - 3.8 SOUTH: Strong Flood
   - 3.9 BUCK: Weakside Series - HB N.S.P.U.
   - 3.10 STUB: Strongside Series - FB N.S.P.U.

1.3 PROTECTION CALL

1. The protection call in most cases is included in the Series Call.

2. The only time the protection call is not included with the series call is when two series are being combined. Example: West-Quick.

3. The first call always controls what series is being use the second call if made incorporates a different techni by the pass protectors. Example: West-Quick means a weak flood pattern is being used and a quick set technique is being utilized.

1.4 PATTERN CALL

1. Each individual route the receivers have within their passing tree is assigned a specific number.

   1.1 X and Z's routes are numbered exactly the same (Both outside receivers).

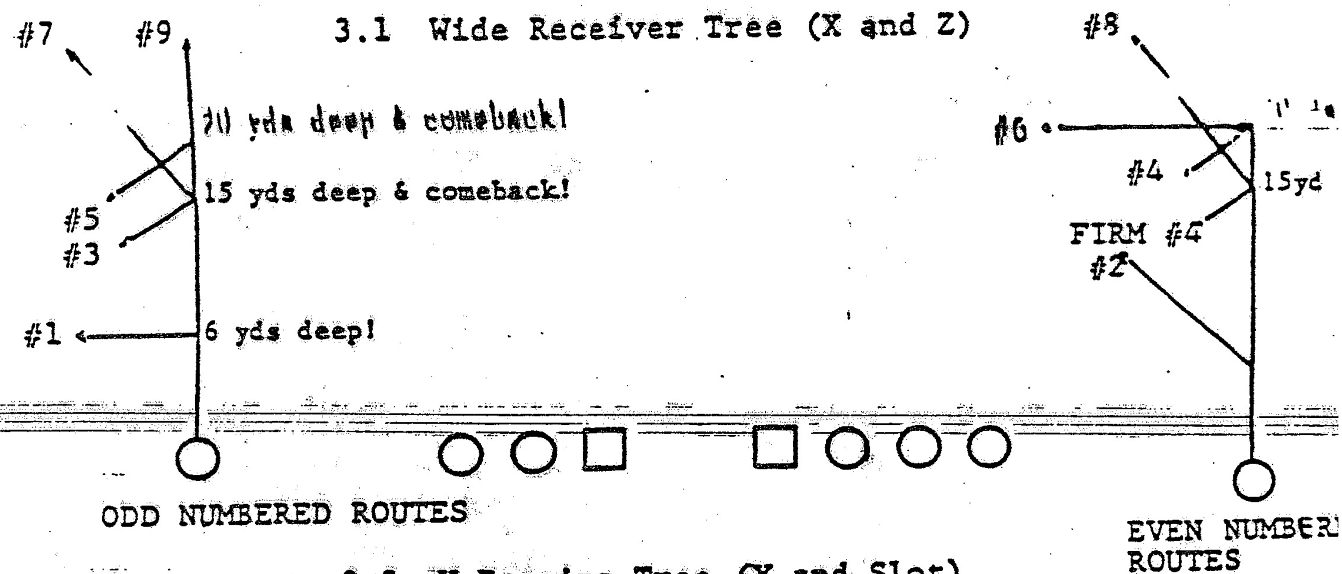
   1.2 Y and or the slot back's routes are expressed in terms of the teen numbers - 10/20/30/40 etc. (The middle receiver).

2. Individual pass routes are put together forming a team pattern by calling all 3 receivers individually numbere routes in sequence, starting weak and working strong! The call always starts weakside!

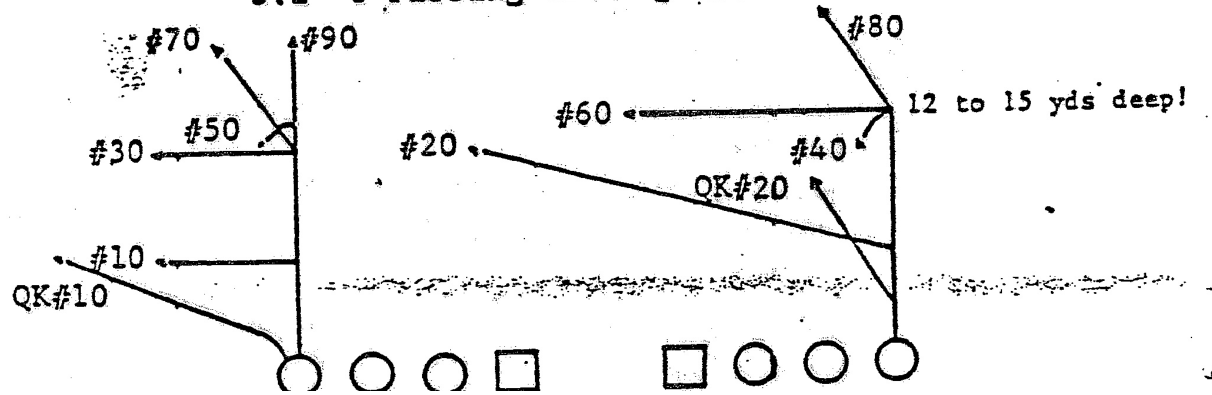
   2.1 X or Q First Number
   2.2 Y or Slot Second Number
   2.3 Z Last Number

3. Odd numbered routes break out and even numbered routes break in!

   3.1 Wide Receiver Tree (X and Z)

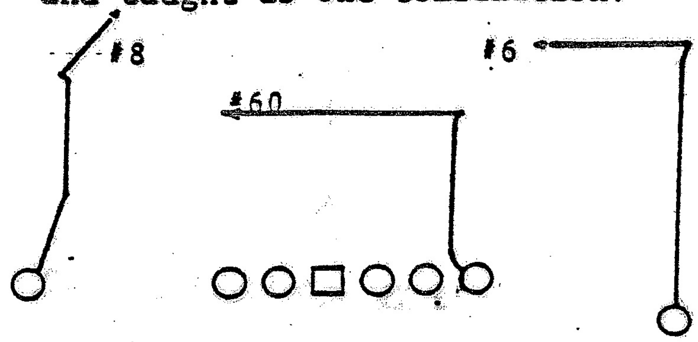


   3.2 Y Passing Tree (Y and Slot)



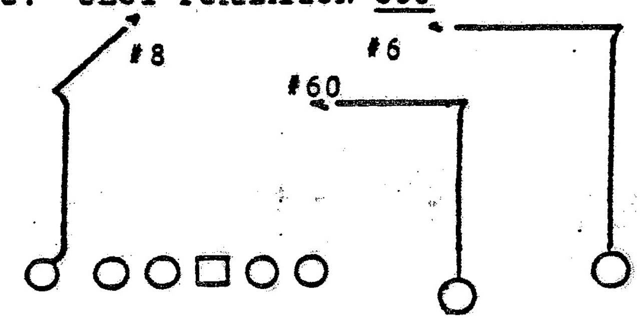
4. To give an example of a call, 866 will be used.
   4.1 The 8 call tells X to run an 8 route.
   4.2 The 60 call tells Y to run a 60 route.
   4.3 The 6 call tells Z to run a 6 route.

Note: The strongside combination is always co-ordina and taught as one combination!



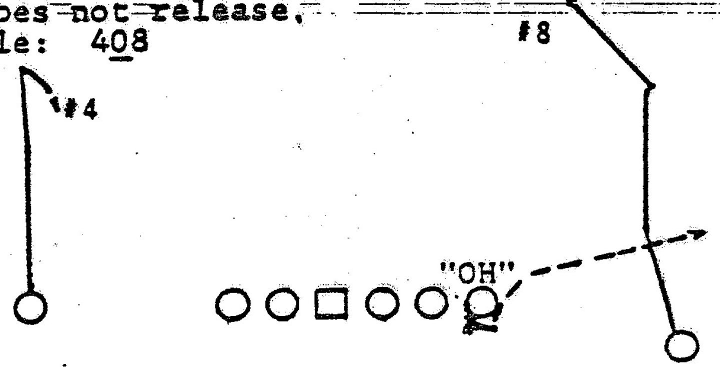
5. The pattern progression, weak to strong, is always th same regardless of the alignment of the receivers. The two outside receivers take the first and last numbers called and the middle man takes the middle number called.

Example: SLOT FORMATION 866



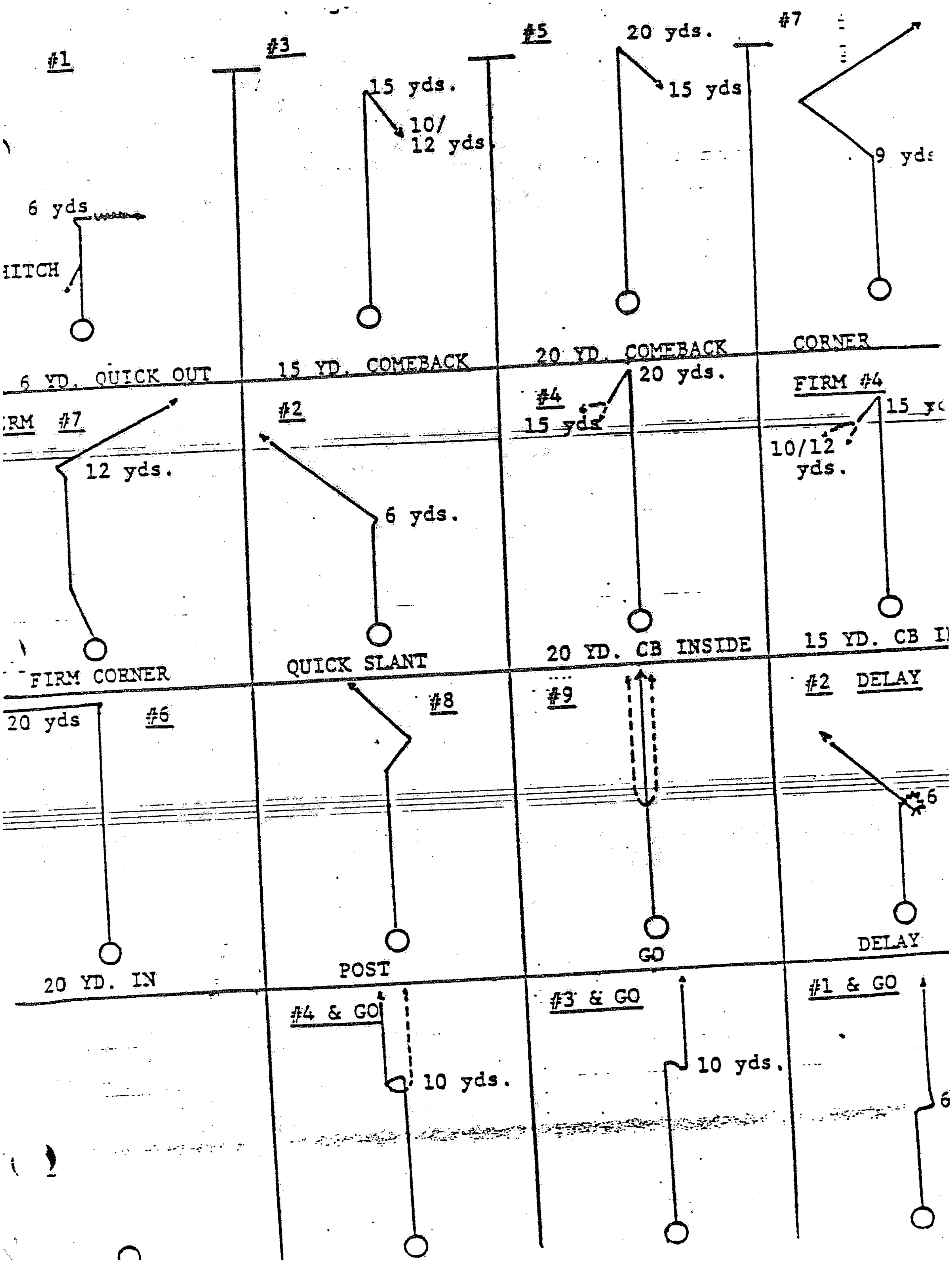
6. If at anytime the QB does not call a middle number, substituting an "OH" call for a number, Y slow blocks and does not release.

Example: 408



   6.1 "OH" call with Z on Even numbered route will put Y on a delay straight if his rusher does r come!

   6.2 "OH" call with Z on Odd numbered route will pu Y on a delay checkdown if his rusher does not come!

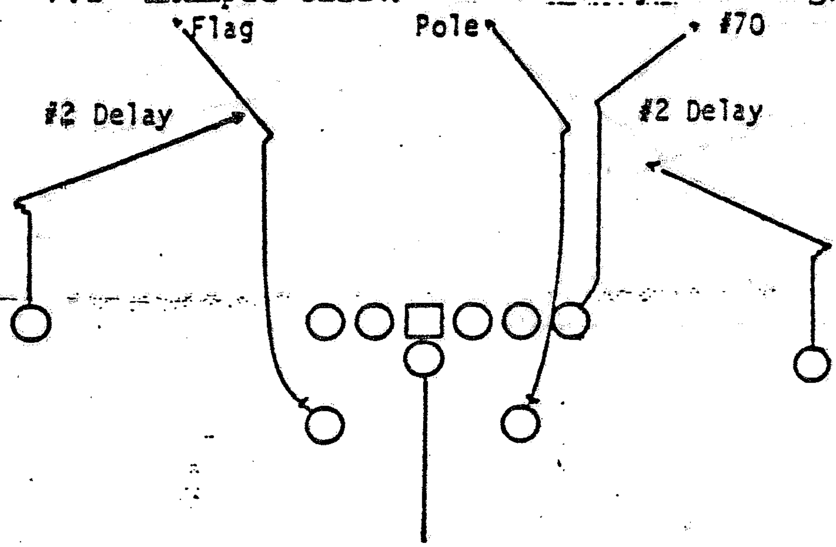


#1
6 yds
HITCH
6 YD. QUICK OUT
#3
15 yds.
10/
12 yds.
15 YD. COMEBACK
#5
20 yds.
15 yds
20 YD. COMEBACK
#7
9 yds
CORNER
FIRM #7
12 yds.
FIRM CORNER
#2
6 yds.
QUICK SLANT
#4
20 yds.
15 yds
20 YD. CB INSIDE
FIRM #4
15 yds
10/12
yds.
15 YD. CB INSIDE
#6
20 yds
20 YD. IN
#8
POST
#9
GO
#2 DELAY
6
DELAY
#4 & GO
10 yds.
#3 & GO
10 yds.
#1 & GO
6

7. Whenever an individual route is needed for use in a specific pattern that is not in the numbered tree of that or those receivers involved, the QB will call the route closest to describing the route desired then call a name that further describes what is desired. Example:: Flare -Delay-272- Flag/Pole!

   7.1 In other words X & Z would end up running their #2 routes but use a delay technique.

   7.2 Example Call:: Flare -Delay-272-Flag/Pole!



1.5 FLARE CONTROL CALL

1. The final call made by the QB in putting together all four categories is the pattern run by the runningback or backs. This is what is called the FLARE CONTROL category!

2. The Flare call will direct one or both backs into the team pattern, dependent upon the Series and protectio being used.

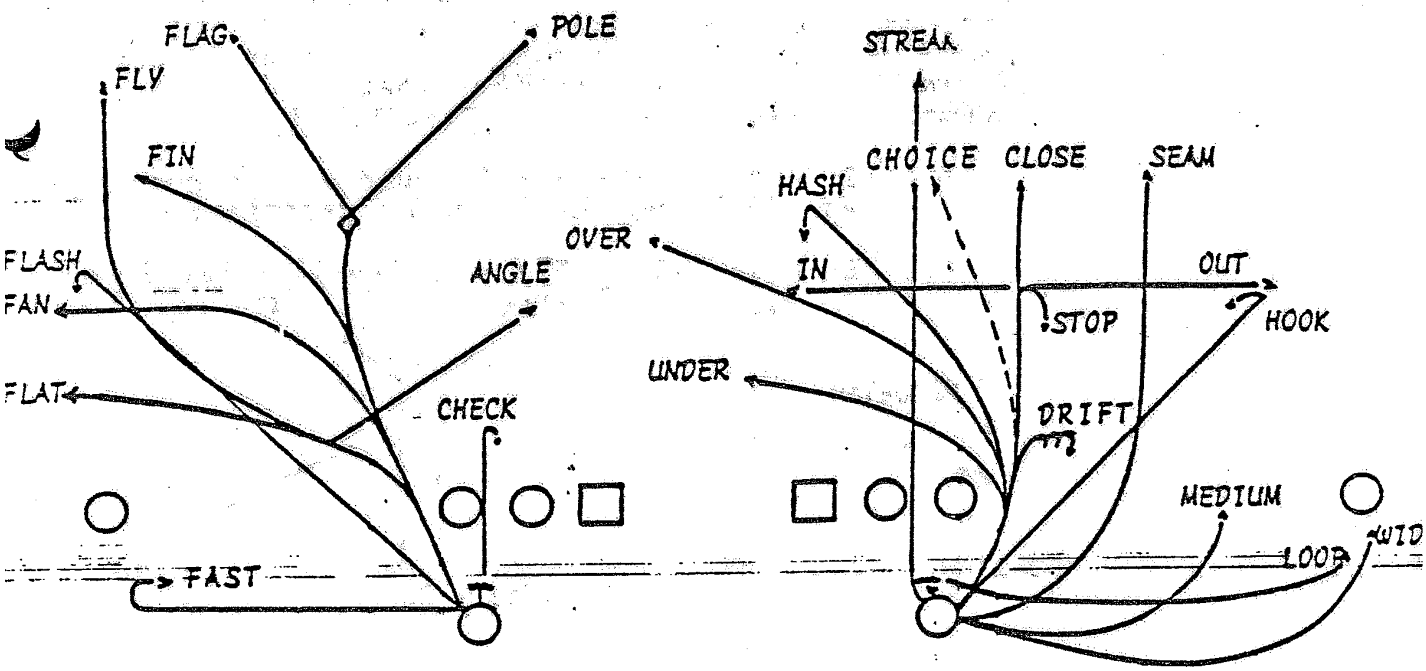
3. The HB and FB routes are identical to each other exce t the FB has a Tite flare calling for an outside releas Close flare.

4. Whenever one back is released into a pattern the QB will call the exact flare desired: Example: East-685 I

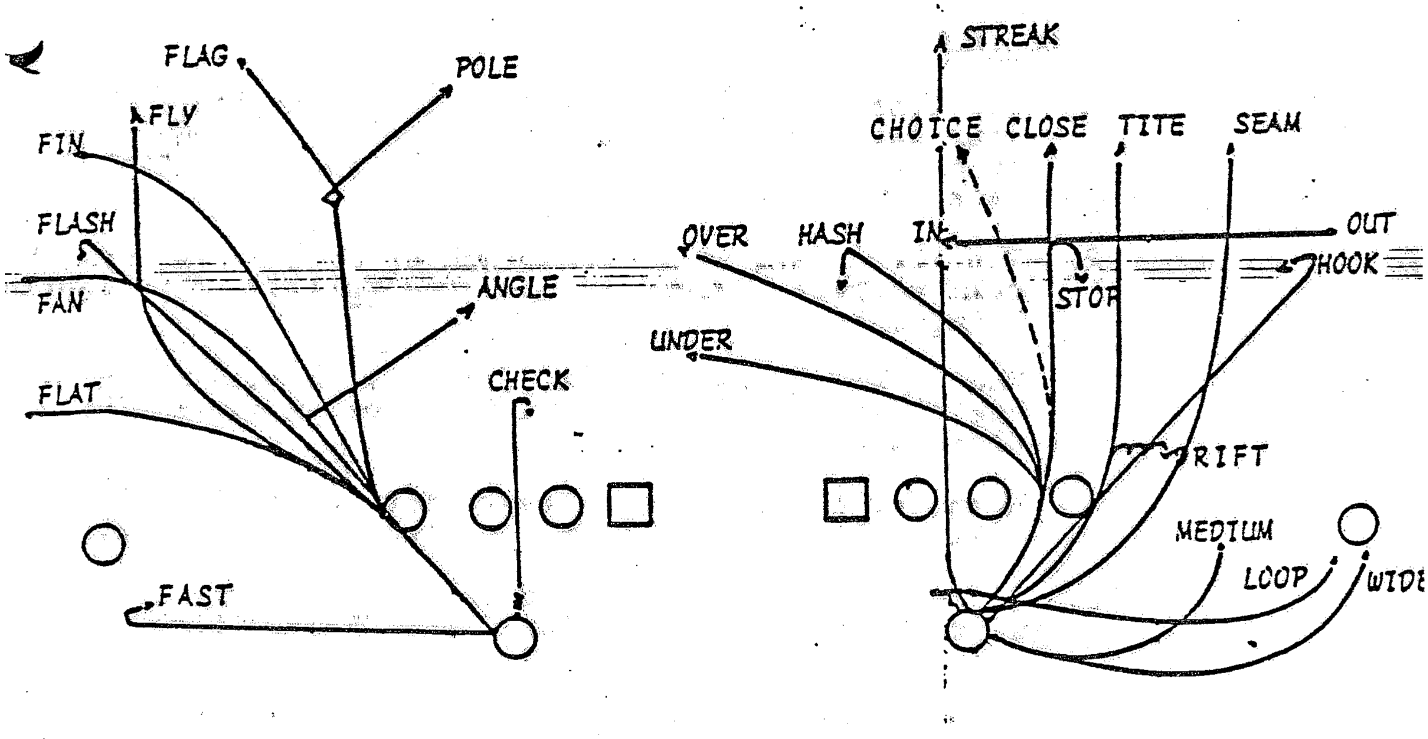
5. If both backs are included in a pattern and are running mirrored flares, the QB will say "Backs" first then cal the flare desired. Example: Flare - 866 - Backs - Wid

6. If the flare includes both backs and is not mirrored the QB will call both individual flares, calling the weakside back first and the strongside back second! Example: Flare - 685 - IN/HOOK!

7. HALFBACK FLARES (Weakside Back)



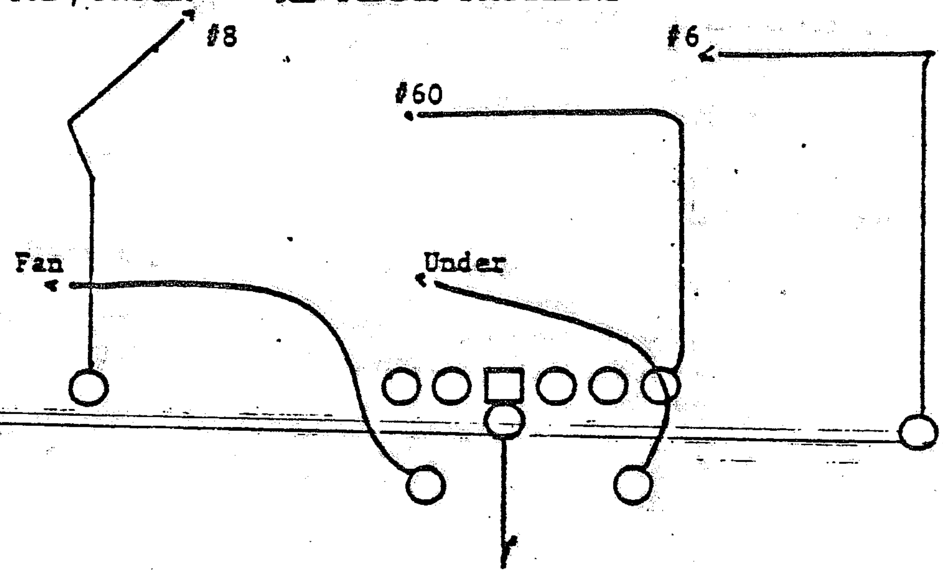
8. FULLBACK FLARES (Strongside Back)



9. NOTE: Mirrored flares are called by saying "BACKS" first, meaning both backs are to run the same flare! ... flares must be called independe

1.6 The following diagram is an example pass pattern call combining all four categories into one team pattern.

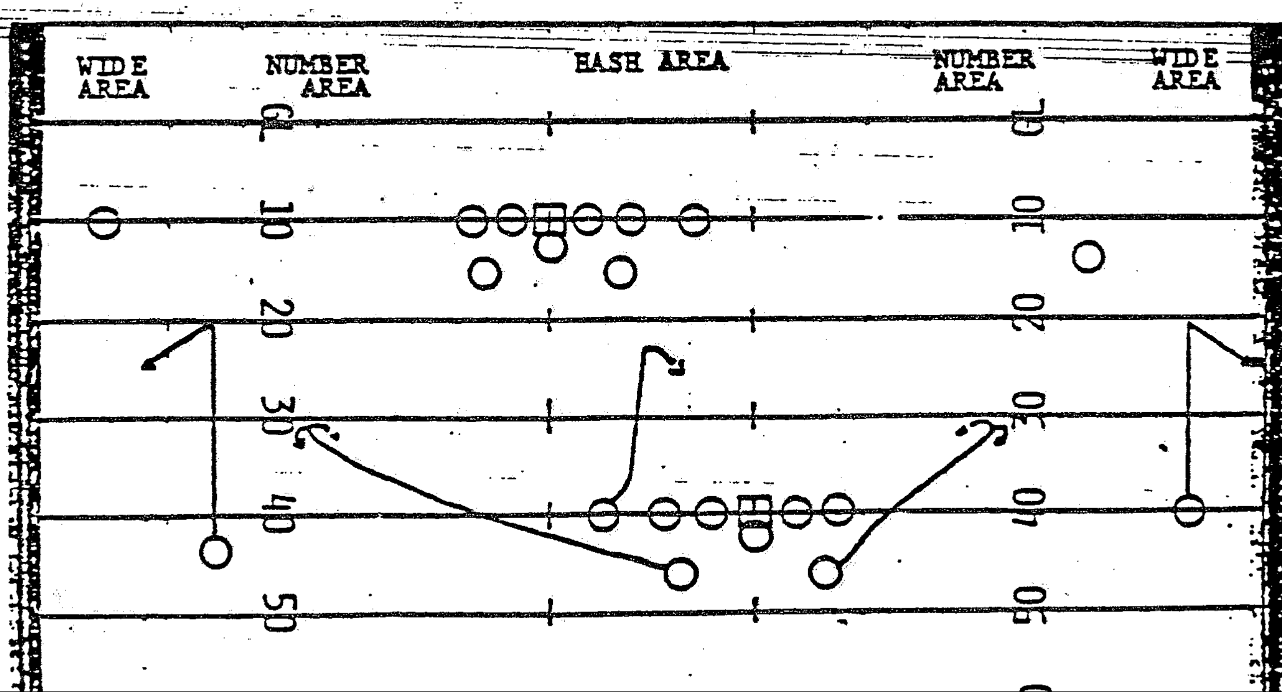
FLARE = SERIES & PROTECTION
866 = INDIVIDUAL ROUTES BY ALL THREE RECEIVERS
FAN/UNDER = RB FLARE PATTERNS



1.7 <u>FIELD</u> <u>BALANCE</u> and <u>DISTRIBUTION</u> as it applies to the passing game.

1. Wide Area = 5 yards in from the sideline.
2. Number Area = Just inside the numbers
3. Hash Area = In between the hashmarks

Basic Theory. Spread the defense horizontally by having a potential receiver in each area of the field.



II. PLAY ACTION PASSING GAME

2.1 Whenever running any kind of running play fake prior to passing, the protection is called first and the backfield action second.

2.2 The protections are divided into three types.
1. Base Pass - Solid Blocking
2. Play Pass - Slide Blocking
3. Run Pass - Run Blocking

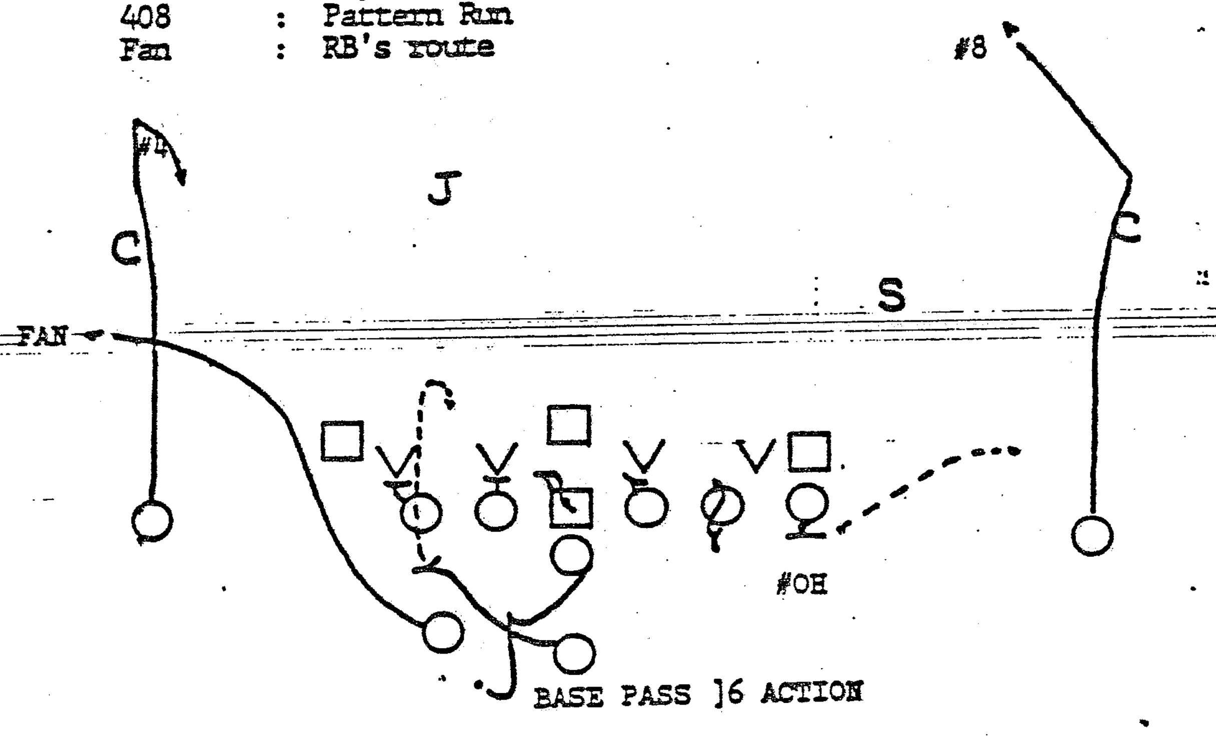
2.3 The backfield action being used dictates the protection that can be used and still be sound.

2.4 The pattern call is exactly the same as in the dropback game - the three number call, working weak to strong.
1. The only difference is the term "pattern" is called between the backfield play numbers and the pattern numbers when necessary.

2.5 The runningback that is involved in the pattern is directed just as he is in the dropback game. The QB will call his flare last!

2.6 Example Call.

Base Pass	:	Protection Used.
16	:	Backfield action being faked.
Pattern	:	Separates numbers.
408	:	Pattern Run
Fan	:	RB's route



I. FIFTY SERIES PASSING

3.1 The 50 series is any pass action that the action of the QB and two RBs dictate a specific type protection be used due to the action of the backs.

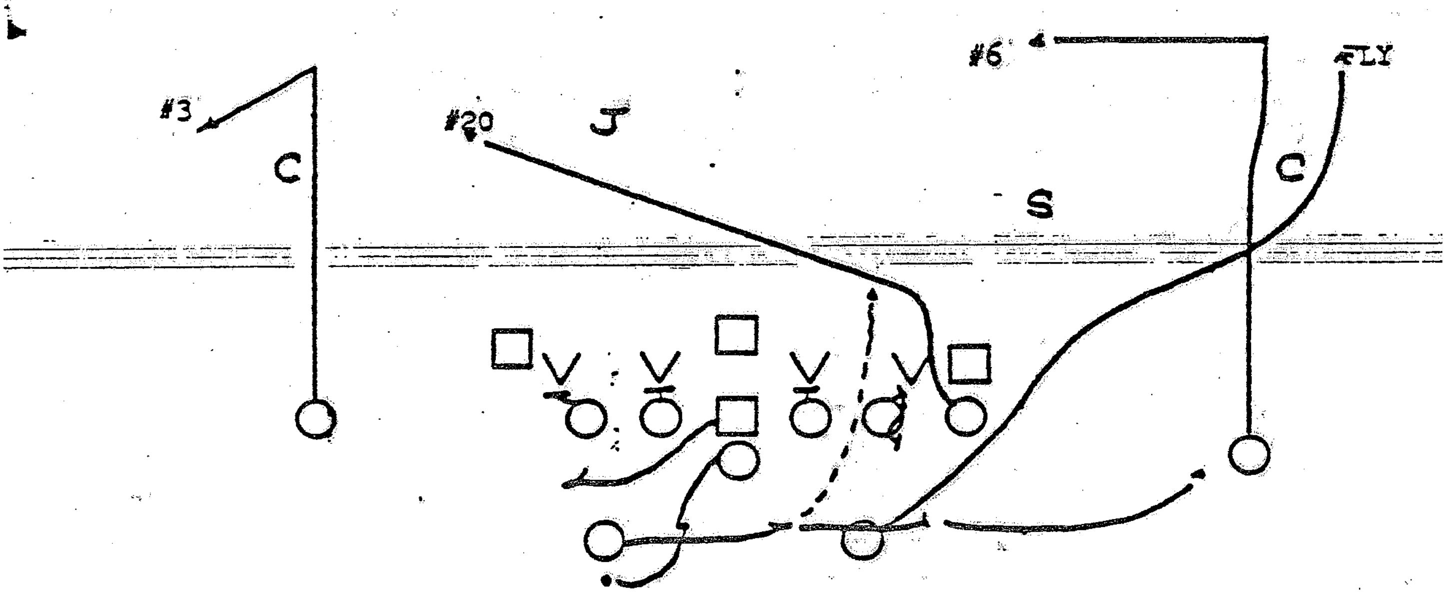
3.2 The action of the backs is described with one term that also encompasses the protection call.

3.3 Fifty actually means the QB has the ball in his hand and the number following the 50 call tells the linemen where the QB is going to set up.
1. 56: QB sets up behind the 6 hole!
2. 58: QB ends up at the 8 area!
3. 57: QB sets up behind the 7 hole!
4. 59: QB ends up out in the 9 area!

3.4 The type of actions and protection that are in the 50 series are:
1. Boot Action & Protection
2. Waggle Action & Protection
3. Stop Action & Protection
4. Sprint Action & Protection
5. Roll Action & Protection

3.5 The mechanics of putting a pattern together are exactly the same as the play action game.
1. The protection and action are called first. Boot 56!
2. The second call is the "pattern" term. Boot 56 - Pattern -
3. The third call is the numbered routes. Boot 56 - Pattern 326
4. The final call is as in the other mechanics the RB's flare that is included in the pattern.
Boot 56 - Pattern - 326 Fly!

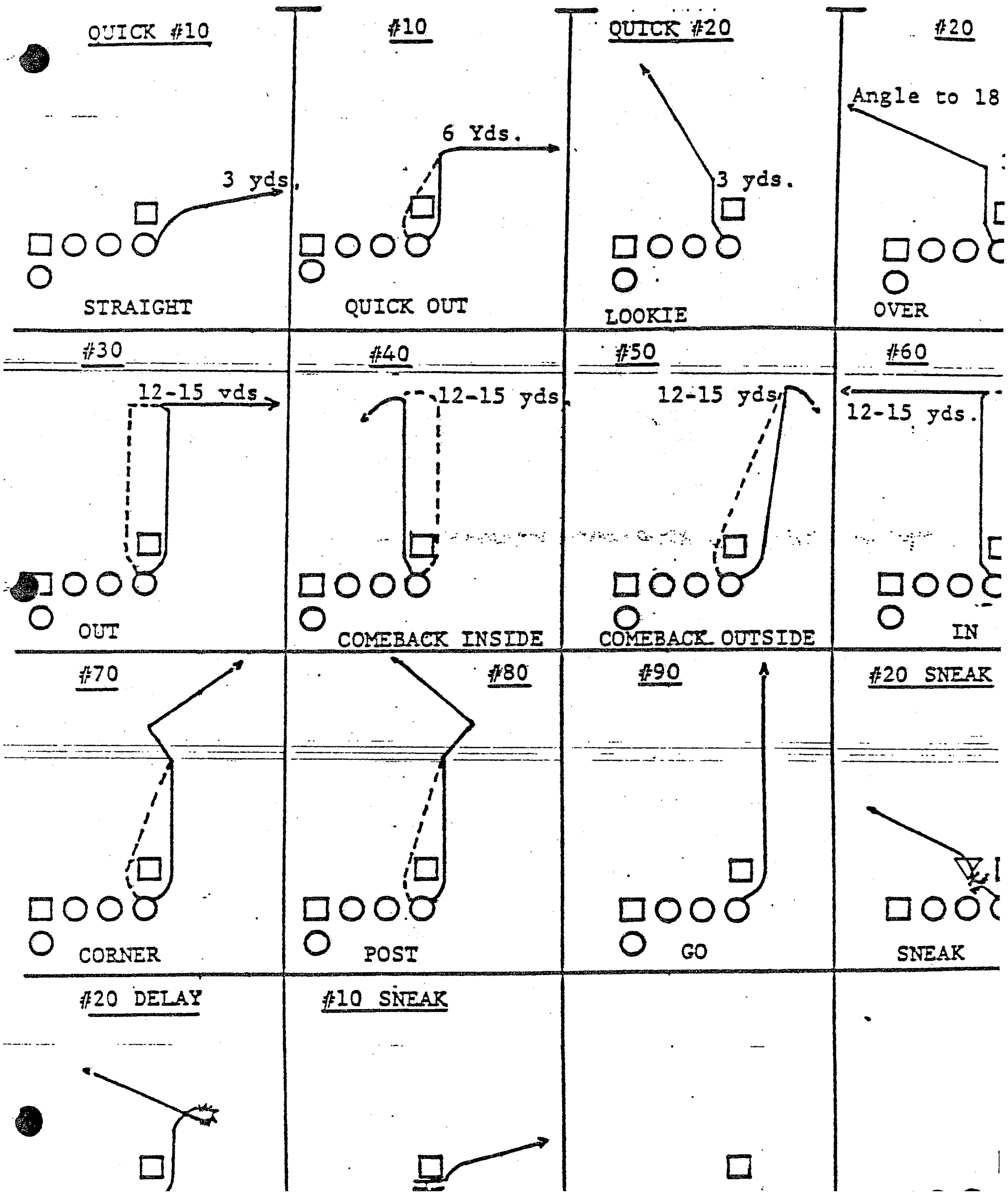
3.6 Boot 56 - Pattern - 326 Fly Diagram



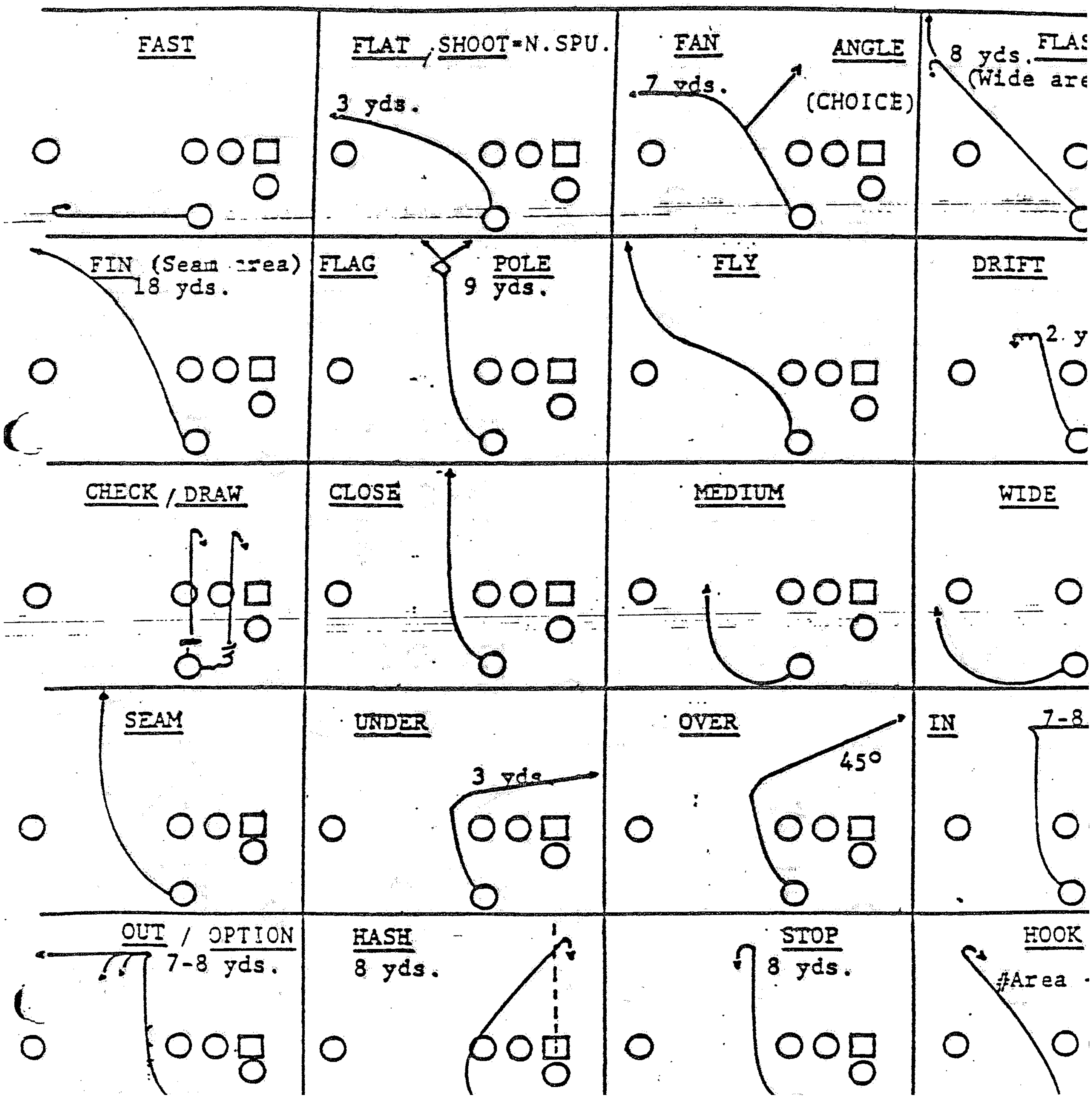
BOOT ACTION & PROTECTION

V. TIGHT END PASSING TREE (Y & SLOT)

5.1 Y and Slot's pattern depth will vary according to Z's p

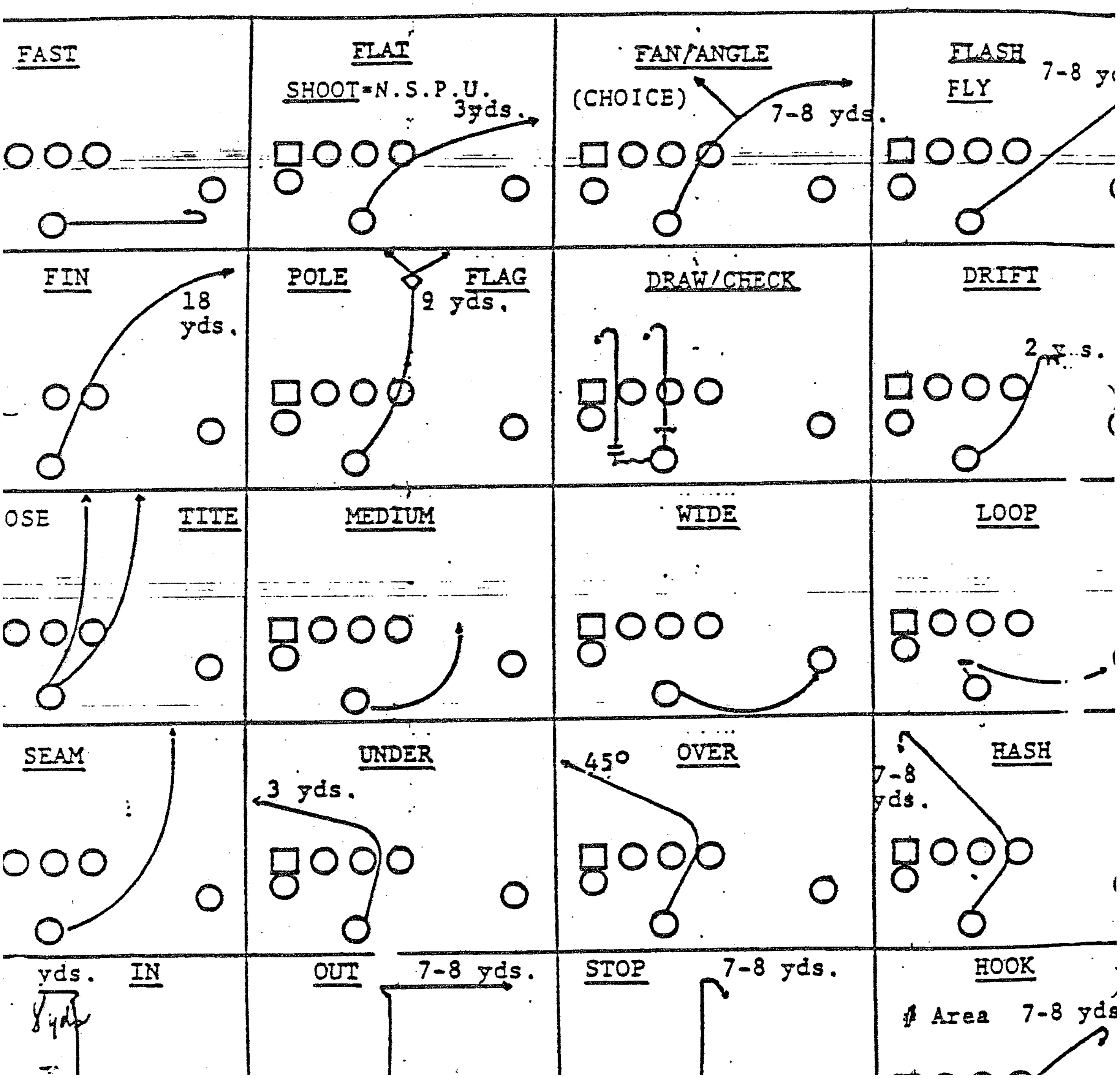


6.1 The HB's release is dependent upon the protection bein used.
6.2 S.P.U. on Quick - Firm - Flare - East & Stub protection
6.3 No S.P.U. on Buck and West Protections
6.4 No release on North.
6.5 The QB calls the HB's flare right after the Z number r call and just before the FB's flare!
6.6 If mirrored, the word Backs will be called prior to th flare to be run by both RBs!
6.7 If the protection dictates, and the HB is the only bac releasing, his flare term is the only call made follow the numbers.



VII. FULLBACK (Strongside) PASSING TREE

7.1 The FB's release is dependent upon the protection being used
7.2 S.P.U. on Quick - Firm - Flare & North Protections.
7.3 No S.P.U. on Stub and South Protections.
7.4 No release on East. Double pick up Buck protection-Mac to Stu
7.5 The QB calls the FB's flare right after the HB's flare.
7.6 If mirrored, the word Backs will be called prior to the f.
to be run by both RBs!
7.7 If the protection dictates, and the FB is the only back releasing, his flare term is the only call made following the numbers.



VIII. MIRRORED FLARES

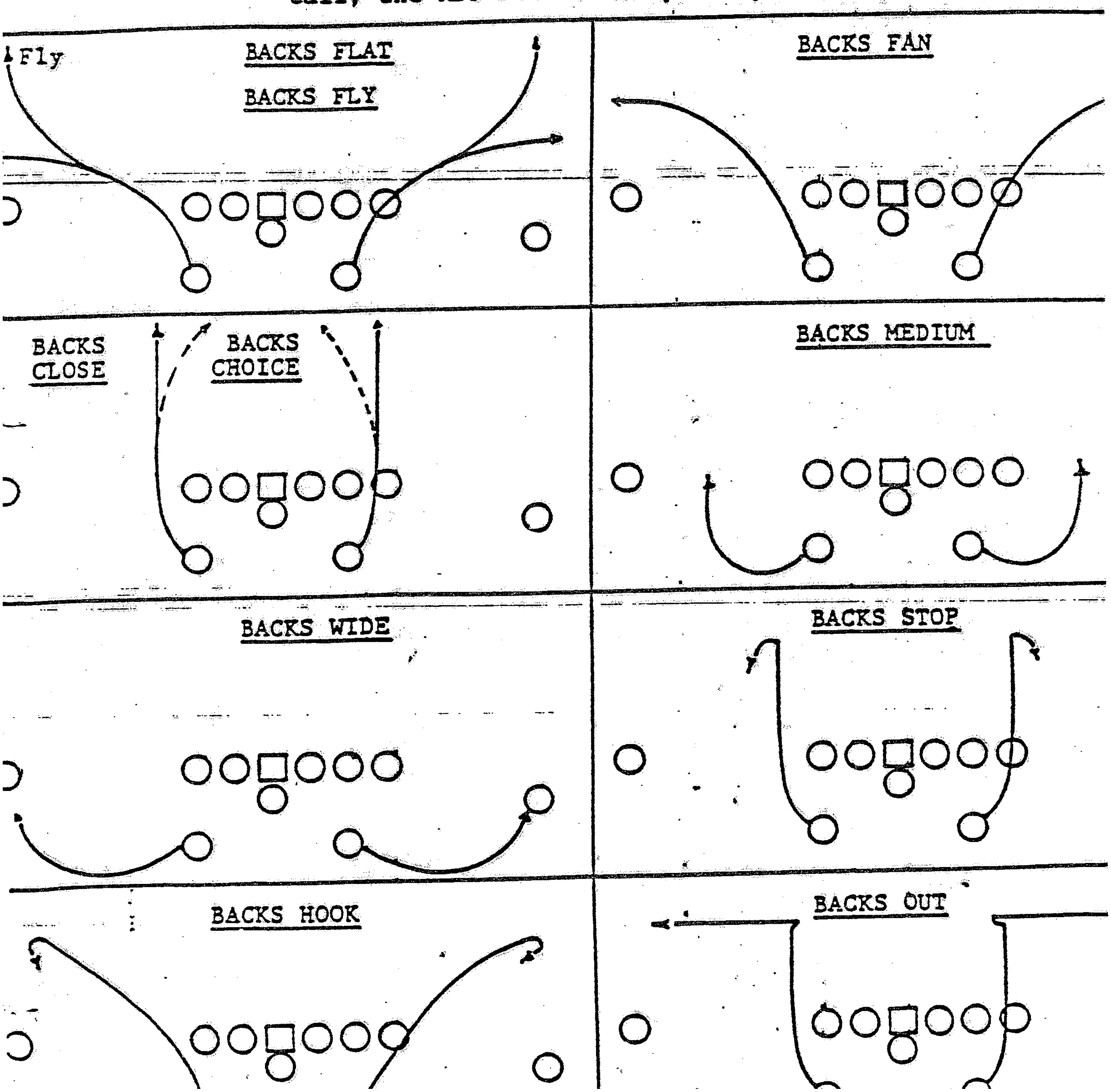
8.1 When mirrored flares are called, meaning both RBs run t same flare route, the QB will call "BACKS" first.

8.2 Both RBs are in S.P.U. within the mirrored flare categ Quick - Firm - Flare!

8.3 Not all RB flares can be mirrored.

8.4 Backs "Solid" - No RBs out - Both staying in to protec

8.5 Note - If the QB calls "BACKS" prior to the protection call, the RBs become his primary read!



IX. COMBINATION FLARES

9.1 Combination flares are two different independent routes run by the RB's combined to form one backfield pattern.

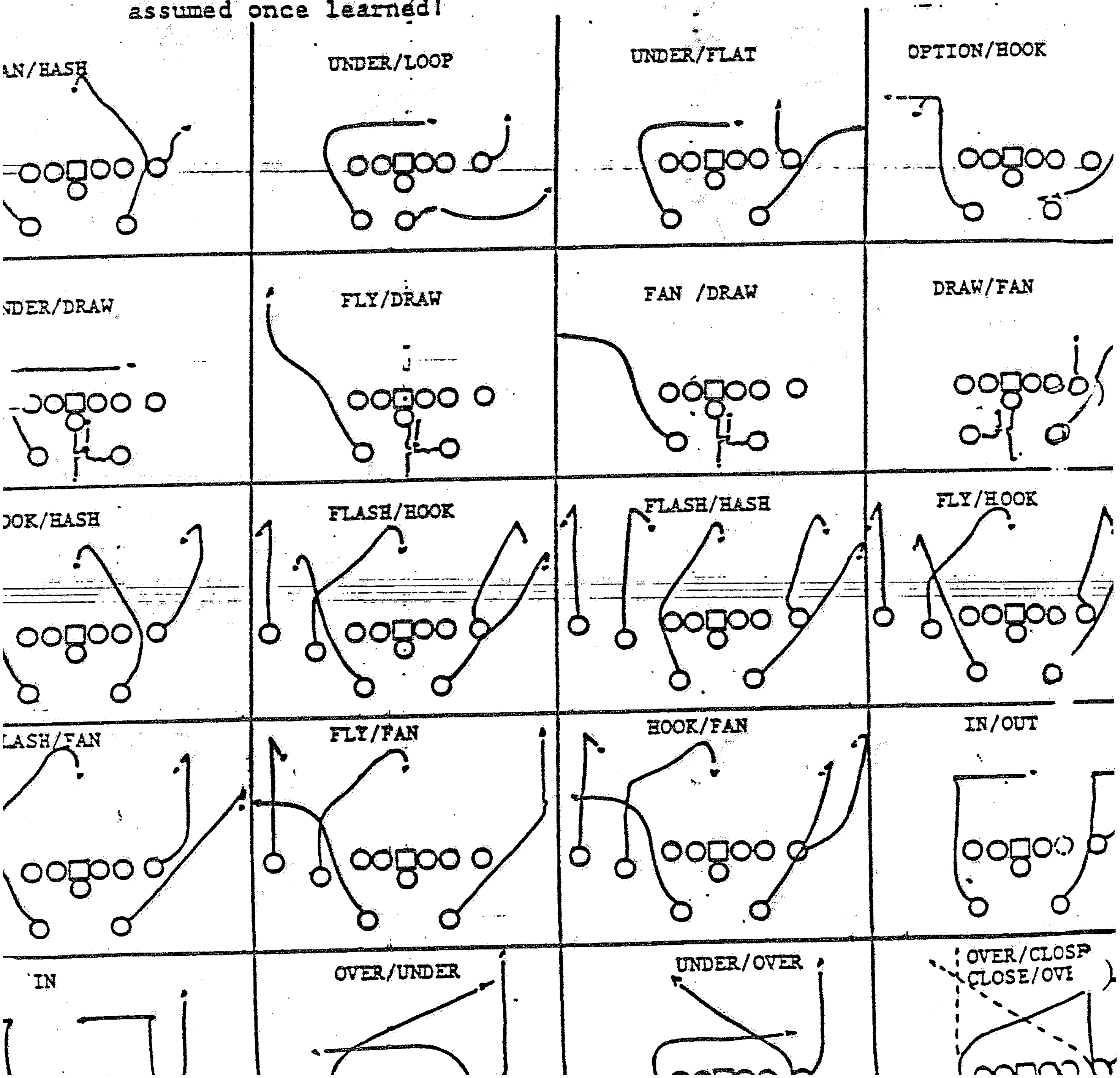
9.2 The QB will alwa call the weakside back first, then follow with the strongside back call second.

9.3 West & South flares are put together the same way. Weak back called first, strong back second.

9.4 Blue & "I" formations switch who is the strong or weak back. RB's must be alert!

9.5 West & South flares are put together the same way!

9.6 Within specific protections, a second flare call can be eliminated once the combination is ingrained. Example: BUCK 965 OPTION/HOOK! Since the Hook flare is the only one used with Option, it can be assumed once learned!



I. DEFINITION OF: Q or Y blocks for a short period, allowing a Pic man to clear, then sneaks out along with the L.O.S. When sneaking, he does not gain ground. He uses a BUTT or STAB technique!

II. BUTT AND STAB TECHNIQUE

2.1 Butt

1. Butt block the man over, occupying the man long enough to allow the Pic man to clear! Then release into Sneak!

2.2 Stab

1. Down block the first man inside long enough to allow the Pic man to clear! Then release into Sneak!

III. QB PRINCIPLES

3.1 Execute action called!

1. Firm Protection - 5 & 2 drop - Firm Principles Apply.
2. Base Pass Action - B.P. Principles Apply.
3. Run Pass Action - R.P. Principles Apply.
4. West Action - West Principles Apply.

3.2 Pattern covered, go to outlet if one is assigned, otherwise throw it away!

3.3 Any play pattern is described as it would be if it were a regular pattern fitting into that specific action! Examples: B.P. 16 - RP 34 Trap: Refer to diagram sheets!

IV. Q OR Y SNEAK PRINCIPLES

4.1 Call man execute Butt or Stab technique as assigned by specific play called!

4.2 After executing Butt or Stab, release outside along L.O.S. without gaining ground. Sprint on release, separating from inside coverage.

V. ONSIDE RUNNINGBACK PRINCIPLE

5.1 Release without S.P.U.! Run a tite flare and pick inside out pursuit unless otherwise told!

1. If a form of motion has been called, putting a man in position to pick, run a fly!

VI. OFFSIDE BACK PRINCIPLE

6.1 S.P.U. LB'er to your side or execute the ball handling execution called.

6.2 If releasing, run a hash route! This is true even after carrying out a play action fake!

VII. OFFSIDE RECEIVER

7.1 Run a Firm 4 route unless pattern called dictates otherwise

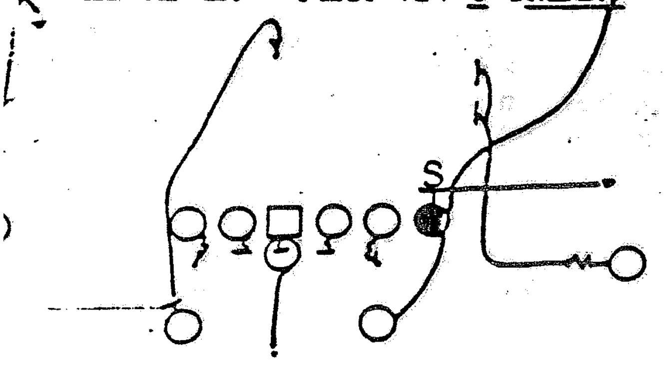
VIII. ONSIDE RECEIVER

8.1 Run a Firm 4 route, pick or do what action dictates!

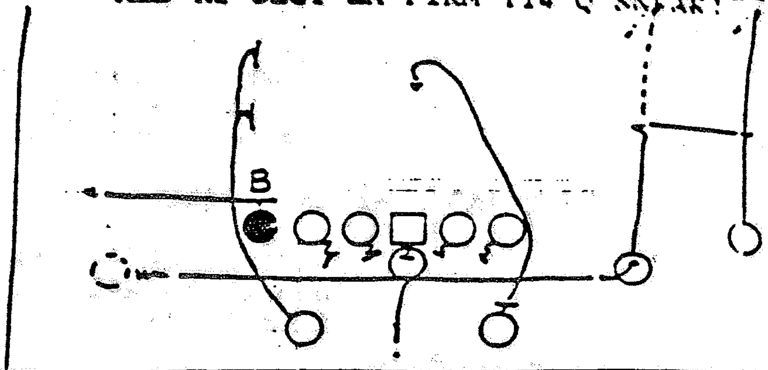
8.2 Possible use of a form of Zoom/Zin or Zot!

FORMATION VARIATIONS FOR PATTERN: Q & Y SNEAK VARIATIONS

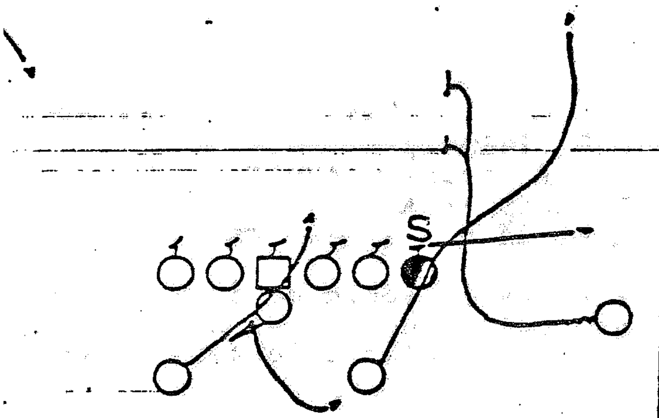
RED RT ZIN - FIRM 414 Y SNEAK!



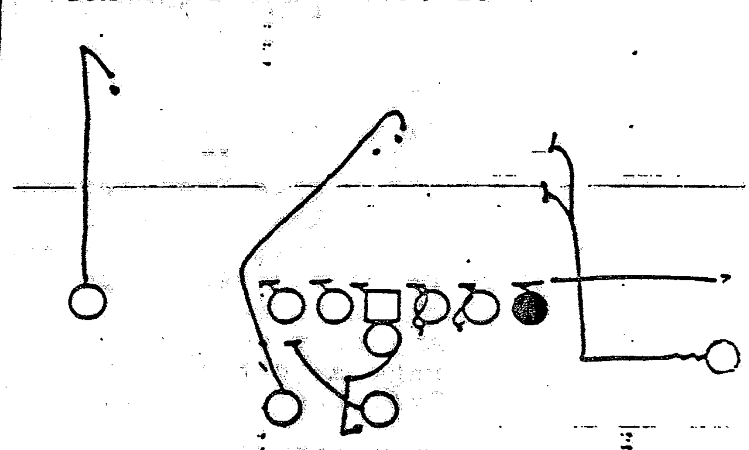
RED RT SLOT ZIN-FIRM 114 Q SNEAK!



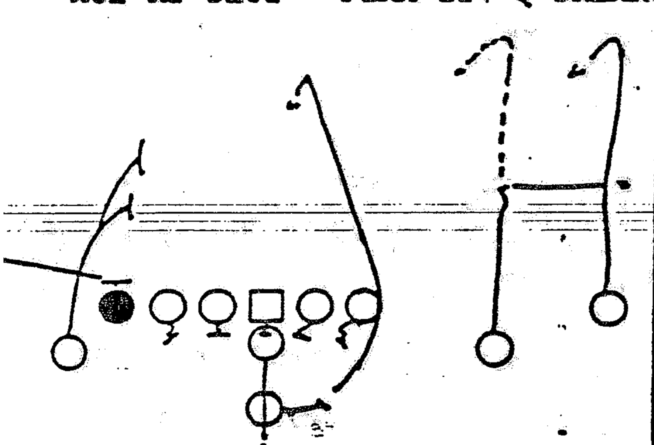
RED RT ZIN-R.P. 31 SLANT-Y SNEAK!



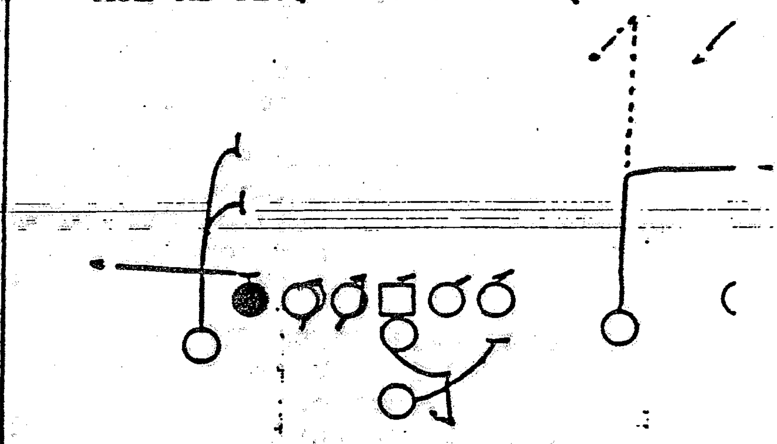
BROWN RT ZIN - B.P. 16 - Y SNEAK!



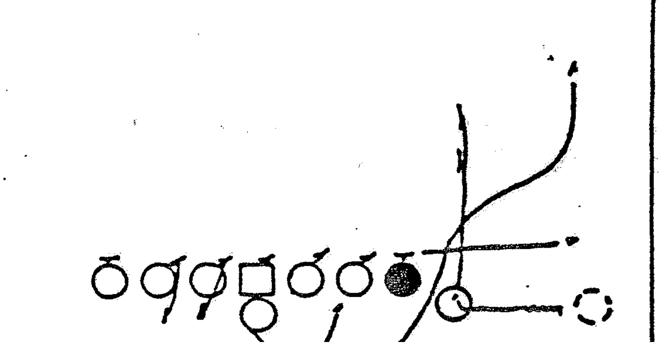
ACE RT SLOT - FIRM 114 Q SNEAK!



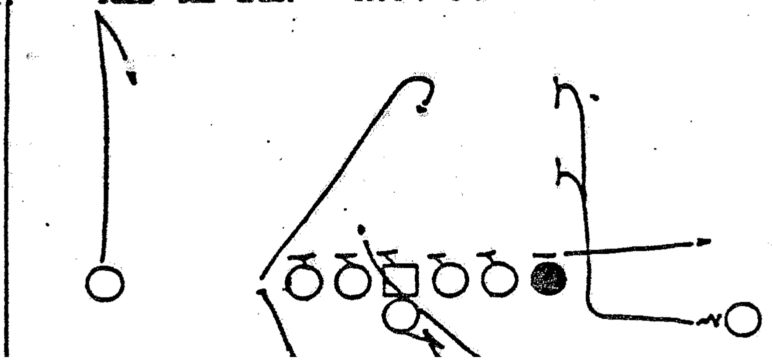
ACE RT SLOT - B.P. 17 - Q SNEAK!



BLUE RT ZIN NB - B.P. 17-Y SNEAK!



RED RT ZIN - R.P. 30 SLANT - Y SN



X. CROSSING PATTERN MECHANICS & PRINCIPLES

10.1 Two - 6 & 8 routes become a flatter angling route when "cross" is called in conjunction with the pattern call! Instead of breaking upfield, they flatten out across the field!

  1. NOTE: A 6 route becomes a 12 to 13 yd. 6 rather than an 18 to 20 yd. route for X & Z!

10.2 Cross will be called following the protection or play action call!

10.3 A "two" call will always go under any other numbered route called! He is usually the designated crossing receiver! (26 Combo is an exception).

10.4 The basic principle is one man will come under another receiver cleaning out! The method of "cleaning out" is described within the pattern numbers called! A 26 Combo within a cross principle means both receivers are crossing, though both will shorten the depth.

10.5 Any crossing receiver will use two moves before breaking across field! The crossing receiver takes the path of least resistance! A Y can't always make 2 moves!

10.6 The RB lined up on the same side of the crossing receiver will usually be called to run an Under flare!

10.7 The RB lined up opposite the side of the crossing receiver will usually run a Loop or Wide.

10.8 We always want to enter the onside of a crossing pattern by stretching the defense vertically with 3 receivers if possible!

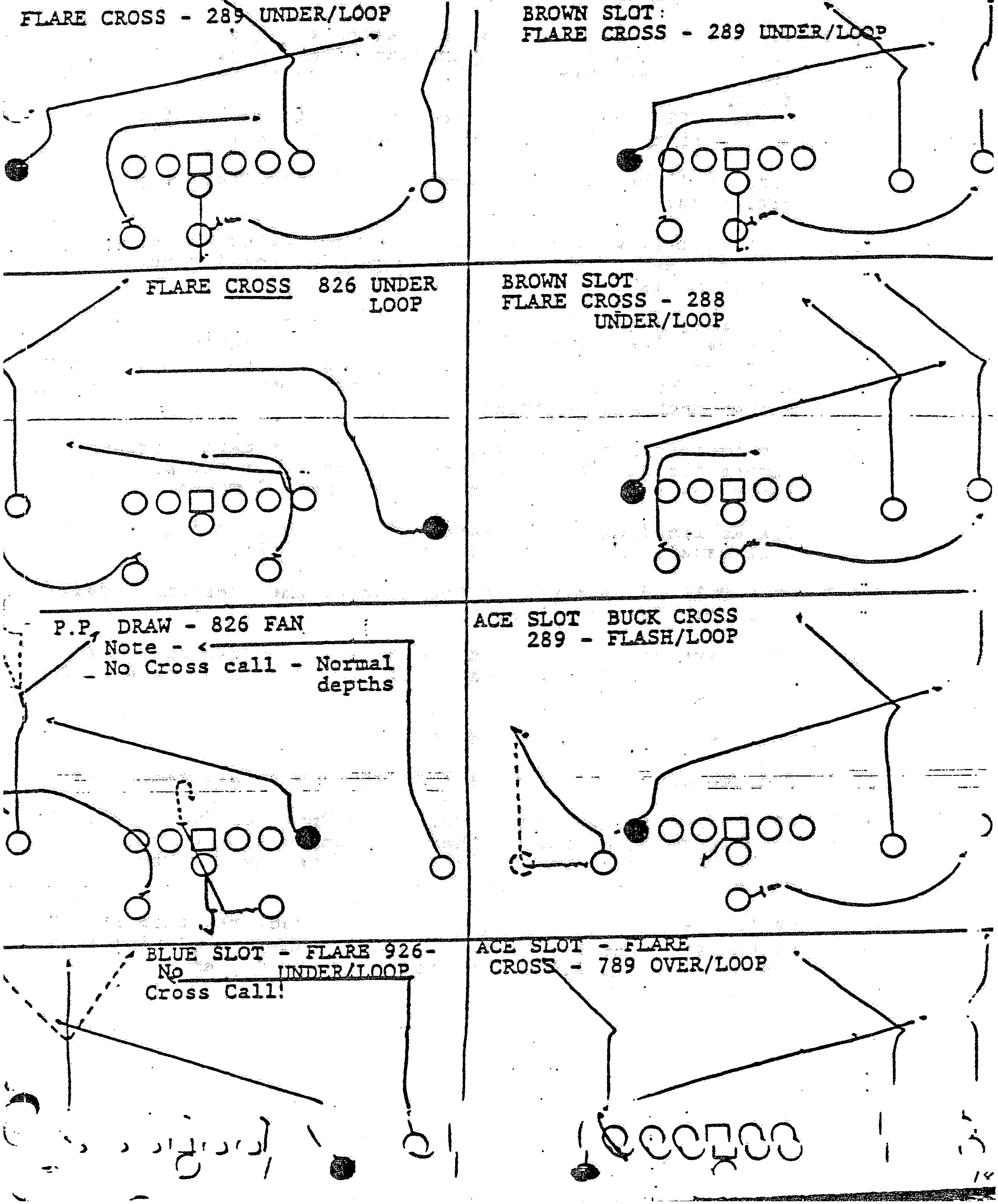
10.9 The basic protection used is FLARE!

10.10 Crosses can be run from all formations to all receivers.

10.11 RB crosses are called by using the Under or Over flare, coordinated with one another or with some other route! If Under & Over are combined, the Under man is the designated crossing receiver!

10.12 QB Read B.L.S. to the Buzz System! Study the buzz system in the area the cross will actually take place! Don't lay the ball up! Drill it between the buzz system!

FORMATION VARIATIONS FOR CROSSING PATTERNS:



XI. MECHANICS FOR DUCE/DUAL & DOUBLE FORMATIONS

11.1 DUCE and DUAL formations include additional wide rec within the formation.

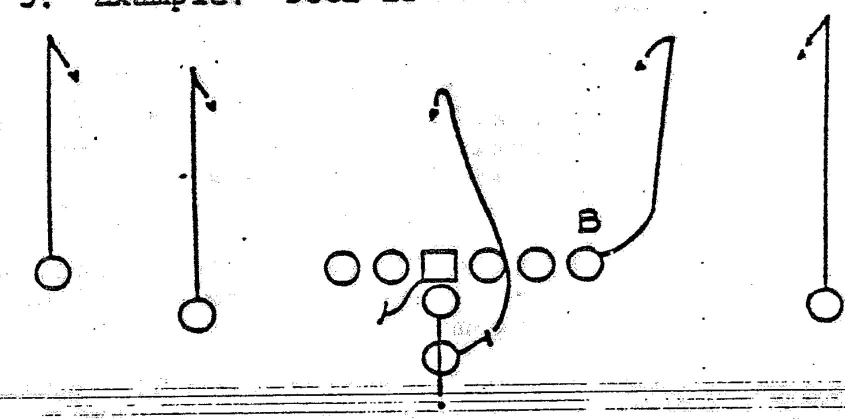
1. DUCE - A 3rd WR in for the HB.
2. DUAL - Two additional wide receivers substitu in for the HB and TE.
3. The strength of the formation is determined b SLOT side of the formation, and in the case o 4 WR set (Dual) the strongside is the side of starting slot combination receivers.

11.2 The DOUBLE formation includes 2 TE's, with the 2nd T substituting in for the HB. The strongside is the s of the starting TE and Z!

11.3 Anytime we are in one of these three "D" formations, the pass patterns are called as two strongside combi

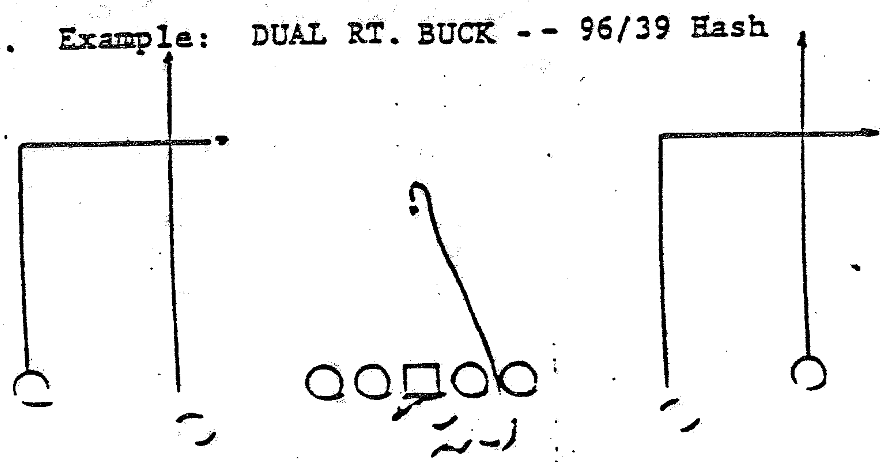
1. If mirrored, the QB will call DOUBLE before calling the desired pattern.

3. Example: DUCE-LT - West - Double 44 Hash.



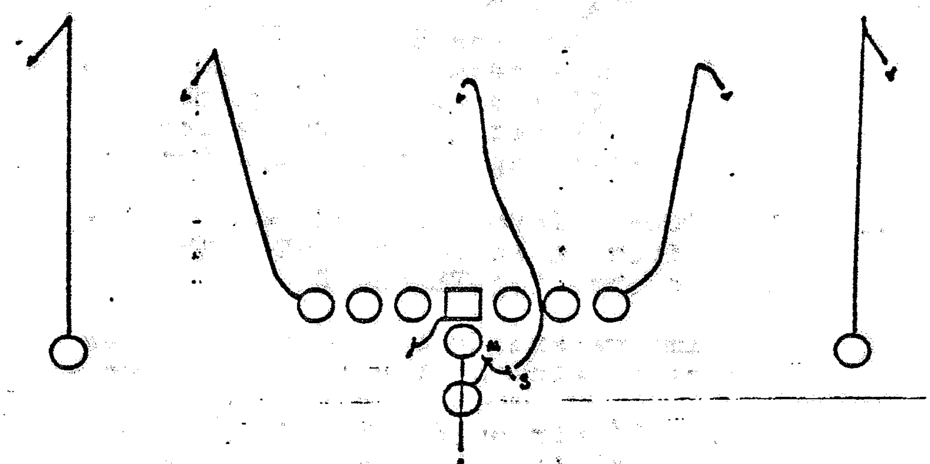
11.4 If the combination patterns are not mirrored the weak combination is called first.

1. Example: DUAL RT. BUCK -- 96/39 Hash



11.5 When in a two TE two WR set (DOUBLE) the same mechanics apply.

1. Example: DOUBLE RT: BUCK---Double 55 Hash!



11.6 Protections for use with the "D" Series formations and or One back formations with the HB and TE set weakside, usually opposite a slot.

1. Basic rule: When a TE is included within the formation structure, he will assume the weakback blocking assignment. The weakback is either in an Ace Wing Set, an Ace How or Hex Set or going in motion! He's in no position to block!

2. If in a "D" series formation, the weakback is nc in the formation, so the TE must assume his assignment!

3. ~~The protection call will dictate who and how the TE executes this assignment.~~

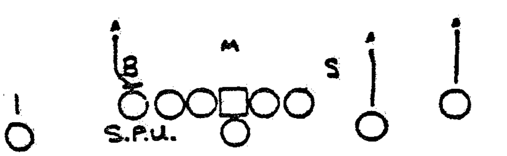
4. S.P.U. Buck Protections are: Quick/Firm Flare/East & Stub! Check & Go!

5. No S.P.U. Protections are: West & Buck! No Check - Just Go!

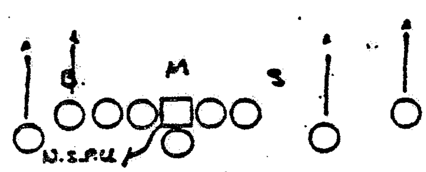
6. Solid Protections are: North & Solid! No Release

7. NOTE: South protection cannot be used. The TE is not in a position that will allow him to double pick up!

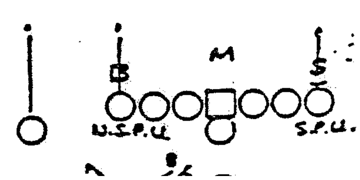
DUCE RT. FIRM



ACE RT. SLOT - BUCK



DOUBLE RT. - WEST



PASS OFFENSE AUDIBLE MECHANICS

12.1 BLUE is the live color initially assigned as the pass audible alert!

12.2 Able is a separate series and does not fit in the Blue Audible mechanics.

12.3 Leaving on the Pass Series called in the huddle and changing the pattern.

1. The QB will just call the numbered route of the pattern desired. Example: Flare 685 Win was our huddle call. L.O.S. Call: Blue 444 Flat - Blue 44 Flat. The pass run would be Flare 444 Flat. You do not have to re-call Flare! That is assumed. Once ingrained, the back will have the responsibility of knowing what flare to run!

2. If the QB wanted to change X's route within the pattern called regardless of the series, all he has to do is call Blue 7--Blue 7, putting X on a corner pattern. Example: Huddle Call Flare 685 Win - L.O.S. call: Blue 7 -- Blue 7! X is now running a 7. (785 Win).

3. If the QB wanted to change the 2 man side of the pattern (Y and Z) he would call the teen series phase of the pattern by calling their combination pattern. Example: Huddle Call Flare 685 Win. L.O.S. call: Blue 39 - Blue 39. We would now be running a 639 pattern!

12.4 Changing From One Series to Another

1. When going to a new pass series and protection, the QB must call the series desired. Example: Huddle call was Firm 368 Medium. L.O.S. Call - Blue, West 508 Blue, West 508. The series and pattern run would be West - 508.

2. If we go to another series and only want to change X's route or the strongside combination, the above explained mechanics apply. To change X's route, call the Series desired and his single digit number To change Y and Z's call the series and the double digit numbered route.

12.5 To Alert the TE to Stay in the QB Would Call the TE's Slow Block Term Which is an "OH" Call. Example: Huddle Call was: Firm 368 Stop. L.O.S. Call - Blue 3 "OH" 8 Blue 3 "OH" 8! The TE will now slow block!

12.6 Audibling To A Play Action Pass

1. All the QB has to do is come up and call Blue and the action desired.
Example: Blue - BASE 16 -- BLUE - BASE 16

2. The play action protection, either Base, Play or Run protection will be assigned to the action called.

3. The pattern with the action is assigned according to game plan.

12.7 Most Pass Audibles Are Specifically Designed To Attack A Specific Situation, Therefore They Are Assigned to the Able Series.

DROPBACK MECHANICS FROM "I" FORMATION

13.1 Any series and protection in which the RBs divide when releasing into a pattern, the FB will switch with the HB and work out of the backfield weakside, while the TB will go strong.

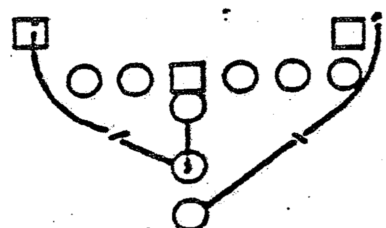
1. FB will pick up Buck!
2. TB will pick up Stub!

13.2 The reason for this is BUCK dogs much more than STUB and the FB is in a better position to pick him up!

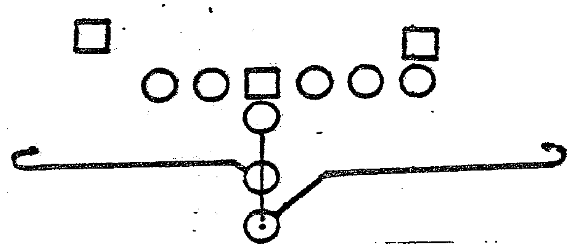
13.3 This does not apply to WEST or SOUTH protections!

14.5 PROTECTION Examples:

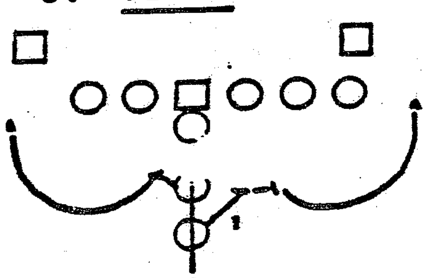
1. QUICK



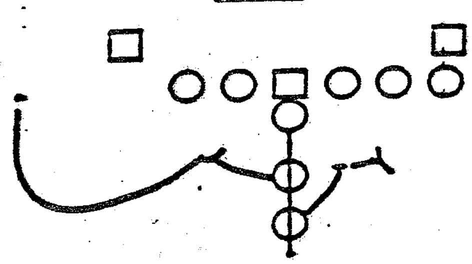
2. FIRM



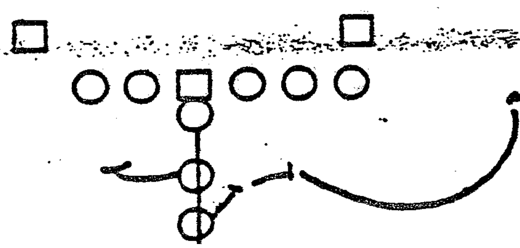
3. FLARE



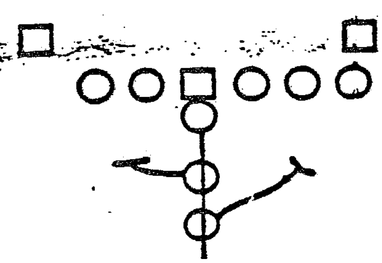
4. EAST



5. NORTH



6. SOLID



XIV. HOT RECEIVER PRINCIPLES:

14.1 A "HOT" receiver is a designated receiver assigned to adjust his pass route or flare to counter a BLITZ by a safety or the DOG of a LB'er! This is called making a "SIGHT ADJUSTMENT"!

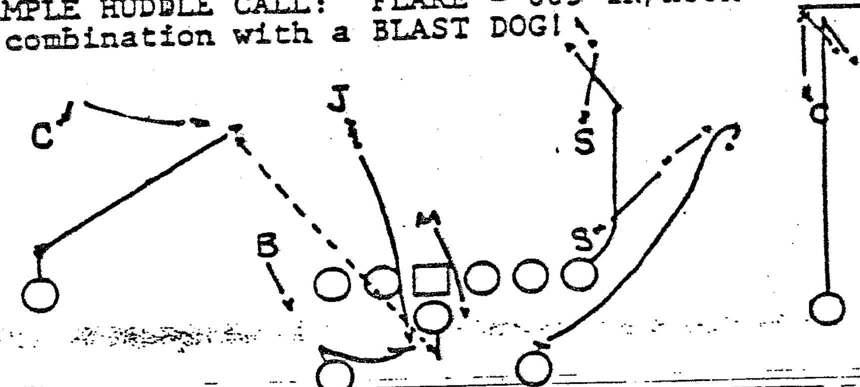
14.2 Both WR's are "HOT" throughout the entire passing game whe the safety on his side BLITZES. This also applies to a sl receiver. The WR involved turns his route into a short slant! There may be specifically assigned exceptions.

14.3 If the strong safety blitzes the TE will turn his route into an automatic STRAIGHT trying to stay close to the L.O.S. and not interfer with Z's slant route.

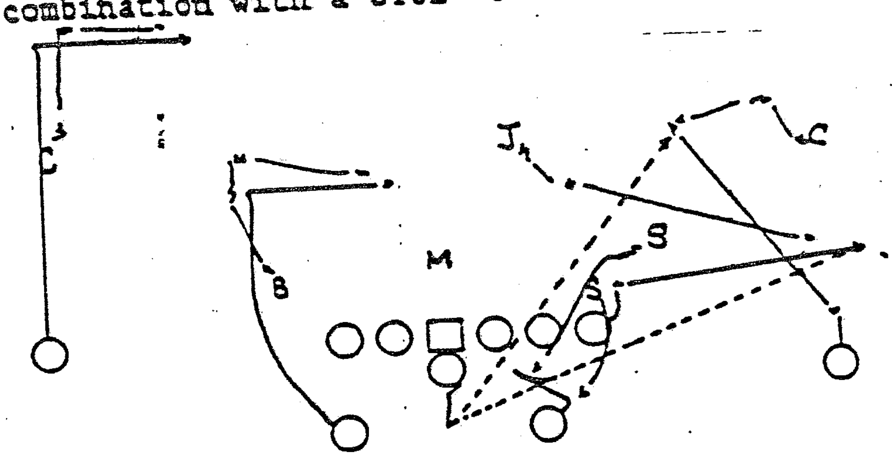
14.4 The WR must be disciplined to read the safety as he releas off the L.O.S. The QB can see him coming easily!

14.5 The RB on the blitzing safety's side of the formation will "pick him up" if he sees him blitzing. If both the assigned LB'er and safety come - the RB will pick up the safety, or the inside of the two!

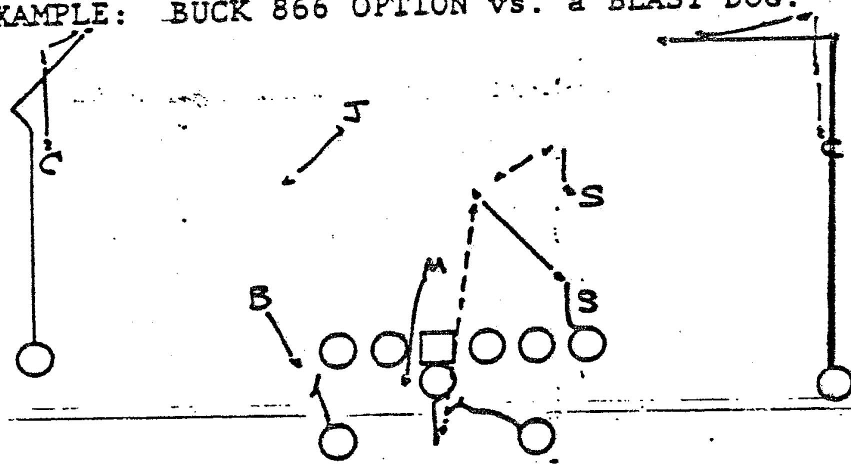
14.6 EXAMPLE HUDDLE CALL: FLARE - 685 IN/HOOK - JACK BLITZES in combination with a BLAST DOG!



14.7 EXAMPLE HUDDLE CALL: FLARE 685 IN/HOOK - SAM BLITZES in combination with a STUB "O"!

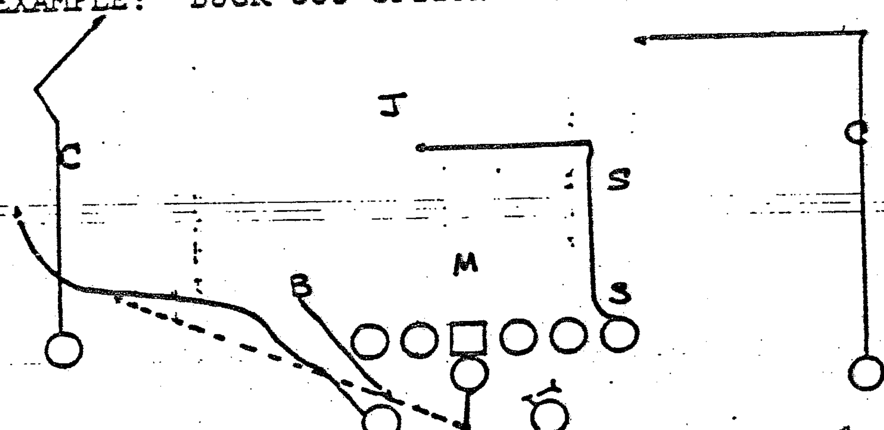


14.8 Within certain protections or specifically assigned patter
the TE can be told to read the inside LB'er (MAC) for a "HOT" receiver reaction vs. a Mac dog. The TE would automatically turn his called route into a Lookie.
EXAMPLE: BUCK 866 OPTION vs. a BLAST DOG.



1. The QB reads his hot receiver key on his first step as he starts his drop.

14.9 When an RB is told he is "HOT" vs. an outside LB'er dog he flattens out immediately and looks over his outside shoulder for a quick pass from the QB.
EXAMPLE: BUCK 866 OPTION vs. a BUCK "O"



1. A RB can be assigned a HOT Flare within an East or North pass by calling "HOT" then the flare desired.

2. Whenever a protection is being used that require a man to dual pick up by reading 2 LB'ers, the releasing RB can be assigned a HOT receiver princi

14.10 NOTE: If a specific BLITZ audible has been called as in the ABLE series, the protection can handle the over-loaded rush and the receiver will go with the ABLE audibl called instead of sight adjusting his route!

XV. MECHANICS OF ROUTE RELEASES

15.1 A RELEASE is a movement made by a WR while running the stem of a route on the way to the Breaking Point.

1. The BREAKING POINT is a designated spot down field in line with the WRs BASIC alignment position.

   1.1 The depth of the breaking point varies according to the route being run (6-15-20)

   1.2 Once to the BREAKING POINT, the WR will break off the stem into the cut desired. (3-4-5-6 etc).

2. The BREAKING POINT will sometimes be referred to as the POINT OF DEPARTURE.

3. The WR can vary his split either In or Out accordi: to how he wants to enter the BREAKING POINT, or line up in line with the B.P. and make a double move as long as he ends up breaking at the designated spot!

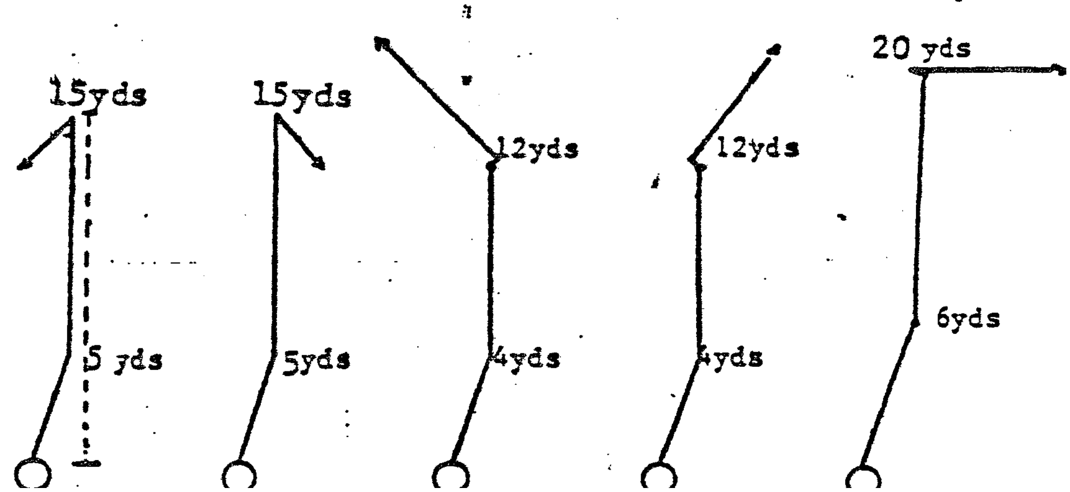
4. Some RELEASES are better suited for certain routes than others and some RELEASES work better on specific defenders than others. The G.P. will dictate what approach is best for each individual cut.

5. By assigning BREAKING POINTS, the QB always knows exactly where the WR is going to make the break, regardless of what he sees the WR do while running the stem!

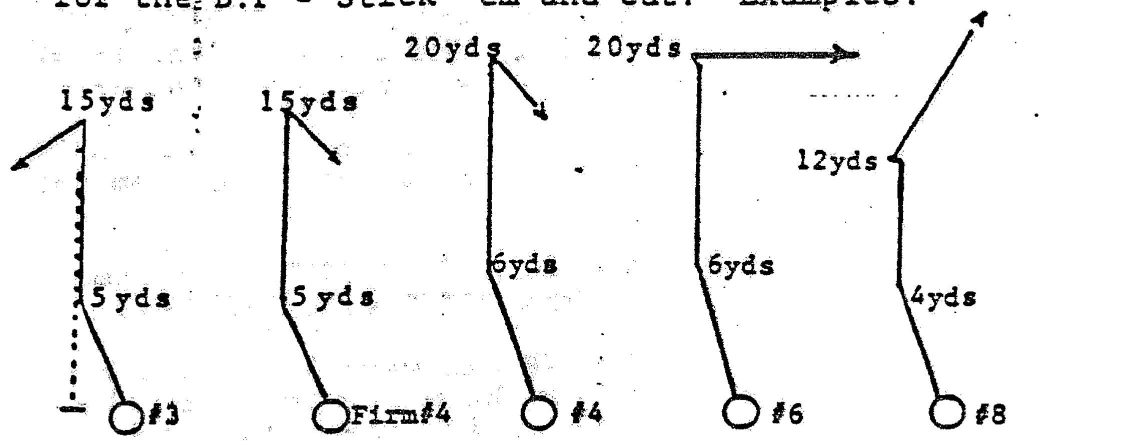
15.2 Before going into specific releases, it must be known that the Eagles Staff Philosophy is still fake in vertical depth first. Everything else is secondary!

15.3 RELEASES:

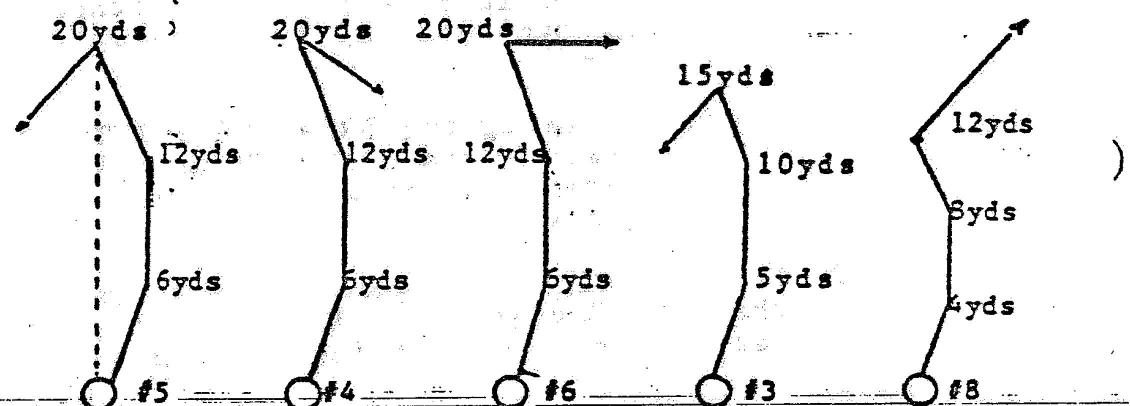
1. INSIDE: Line up 2 yards Outside the B.P. and drive off hard to the inside for approximately 1/3 the length of the stem. Once in line with the B.P., sprint for the B.P. - Stick 'em and cut! Examples:



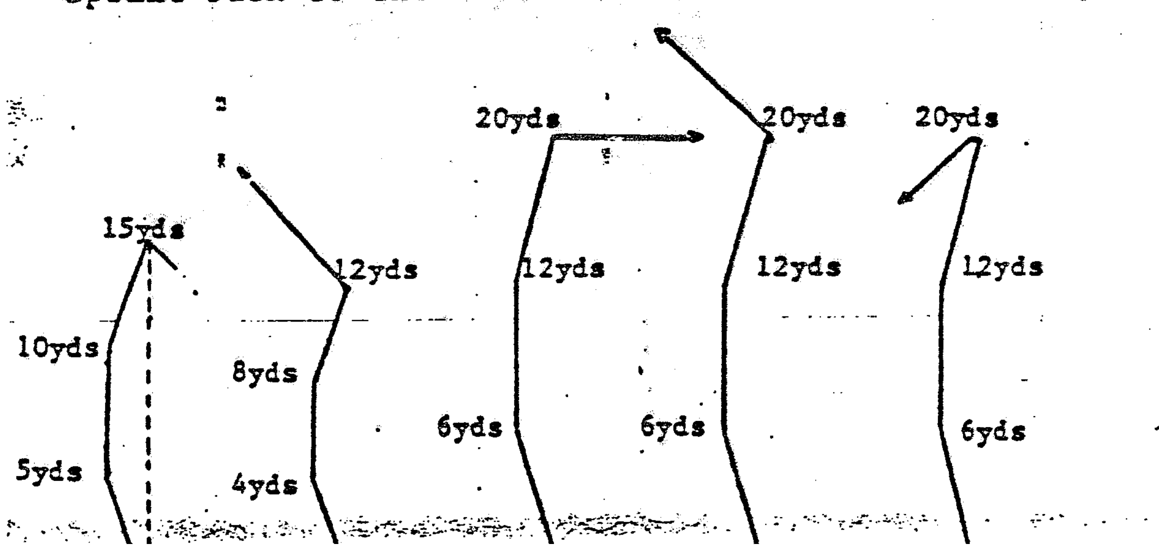
2. OUTSIDE: Line up 2 yards <u>Inside</u> the B.P. and drive off hard to the outside for approximately 1/3 the length of the stem. Once in line with the B.P., sprint for the B.P - Stick 'em and cut! Examples:



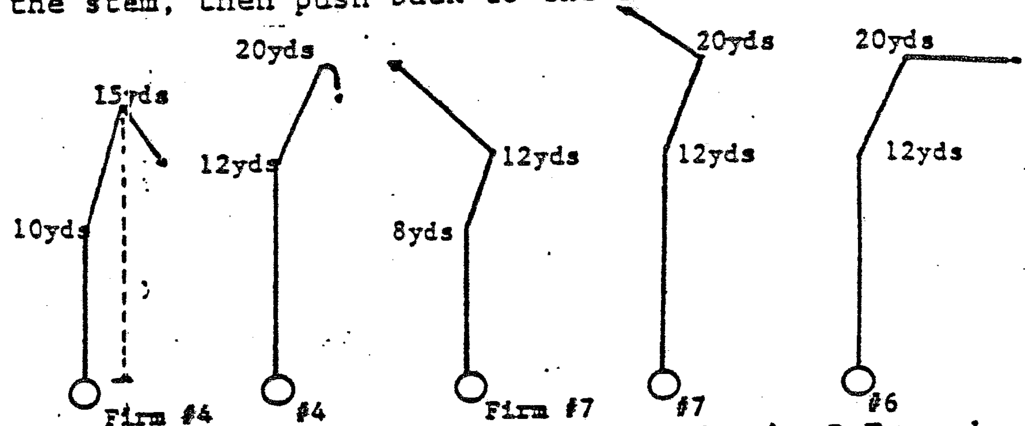
~~3. IN/OUT RELEASE: Line up~~ <u>in line</u> with the B.P. and drive off hard to the inside for approximately 1/3 the length of the stem, then push upfield for another 1/3, then make the final drive back outside to the B.P. and cut. Better with 18 yd. B.P.'s!



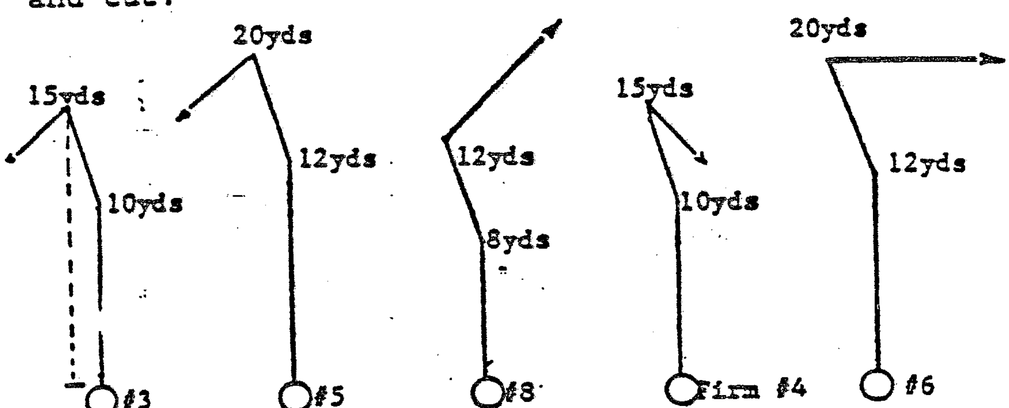
4. OUT/IN RELEASE: This is just the opposite of the IN/OUT Release. Come off outside 1/3, push up 1/3, sprint back to the B.P. - Stick 'em and cut! Examp :s:



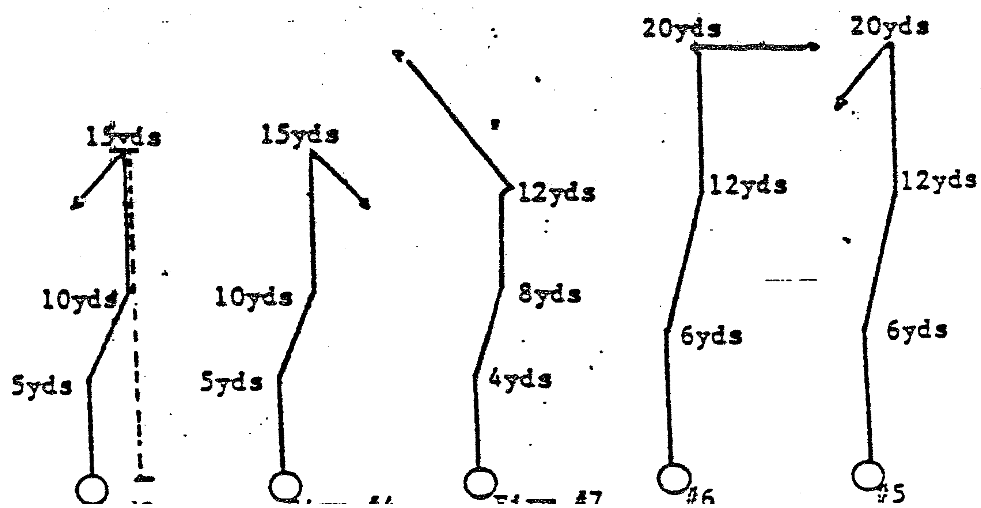
5. STRAIGHT IN: Line up 2 yards <u>outside</u> the B.P. and drive off hard for approximately 2/3's the length of the stem, then push back to the B.P. - Stick 'em, cut.



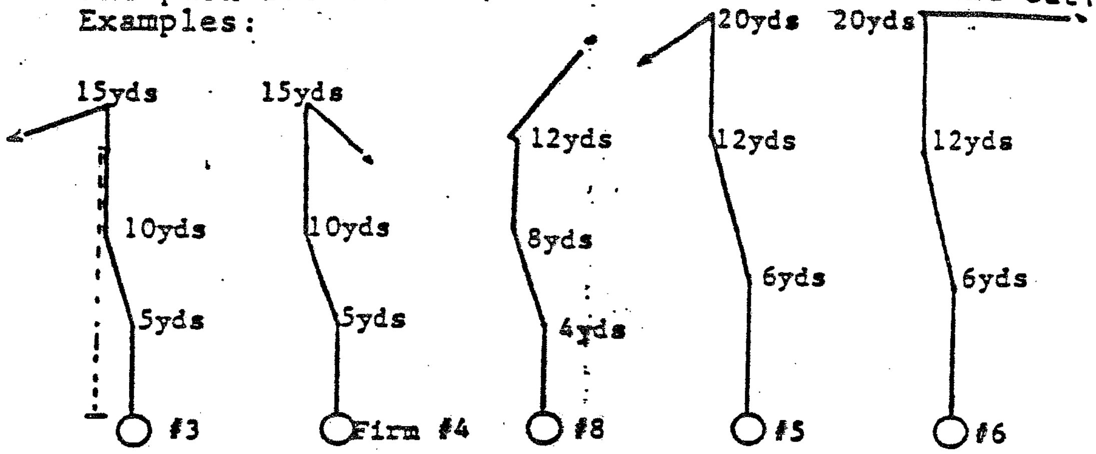
6. STRAIGHT OUT: Line up 2 yards <u>inside</u> the B.P. and drive off hard for approximately 2/3's the lengthh of the stem, then push back to the B.P. - Stick 'em and cut!



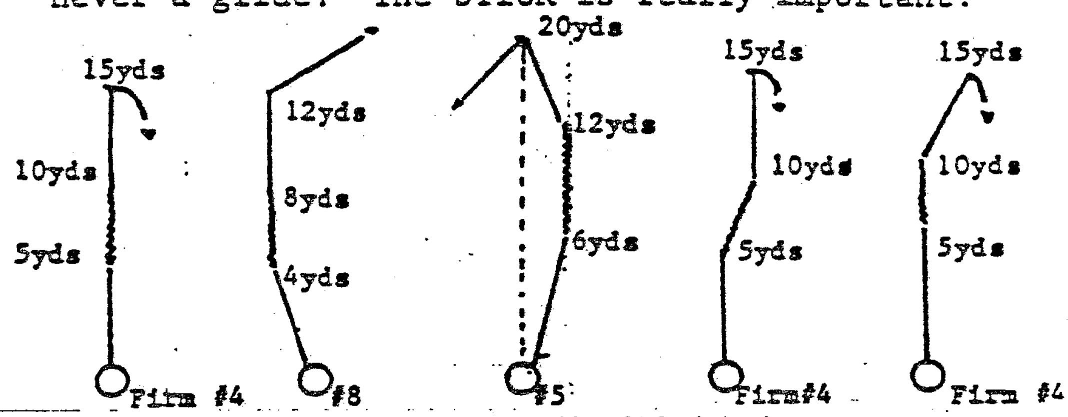
7. MIDDLE IN: Line up 2 yards <u>outside</u> the B.P. and drive off hard for approximately 1/3 the stem and make an angle move inside to realign with the B.P., then use the final 1/3 of the stem to push to the B.P. - Stick 'em and cut. (Examples)



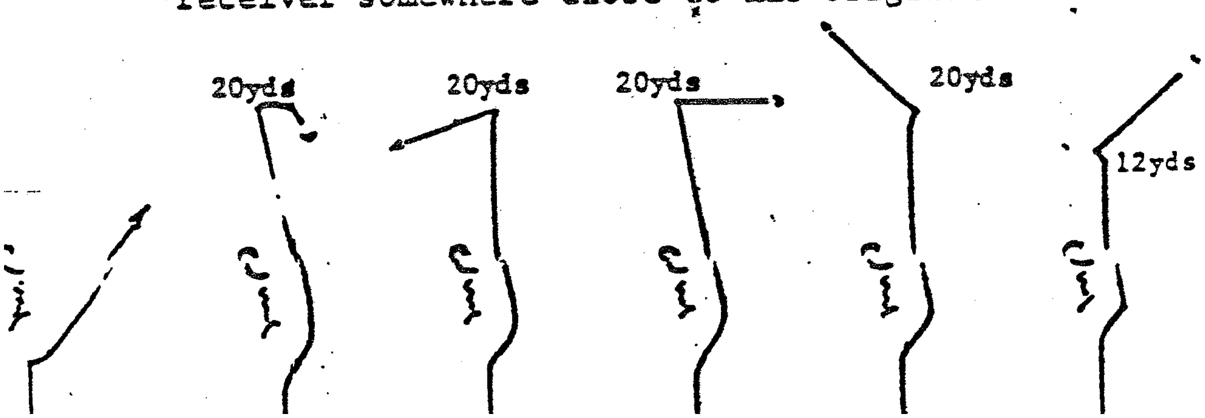
8. MIDDLE OUT: This is just the opposite of the Middle In release. Come off straight up 1/3, angle in 1/3, and push for final 1/3 to B.P. - Stick 'em and cut! Examples:



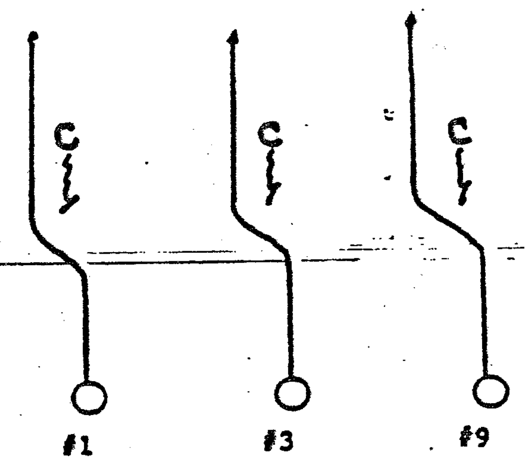
9. PUSH RELEASE: This is a GLIDE within the stem that can be used on any route and applied to any release. The WR substitutes a GLIDE pace upfield in place of the first or second 1/3 of the stem. The final 1/3 of the stem should always be a vertical push, never a glide! The STICK is really important.



10. BURST RELEASE: This release is primarily a release used to attack a CLEO force in which the WR comes off hard, recognizes Cleo, slides under the force, then pushes back upfield, attempting to run the route on the rotating safety. Always try to work back out behind the Cleo force if possible. This will put the receiver somewhere close to his original B.P.!



11. FADE RELEASE: This release is also a release designed to attack a CLEO force. The WR now jumps outside the force and FADES away from the rotating safety. If the receiver can't get outside, he should slip under the corner and then fade away. No final cut is run. The original route is switched to a fade upon recognition of the Cleo force and the QB will get the ball to the WR in the seam between the rolled up corner and rotating safety. Big phase of Quick and Firm Series!



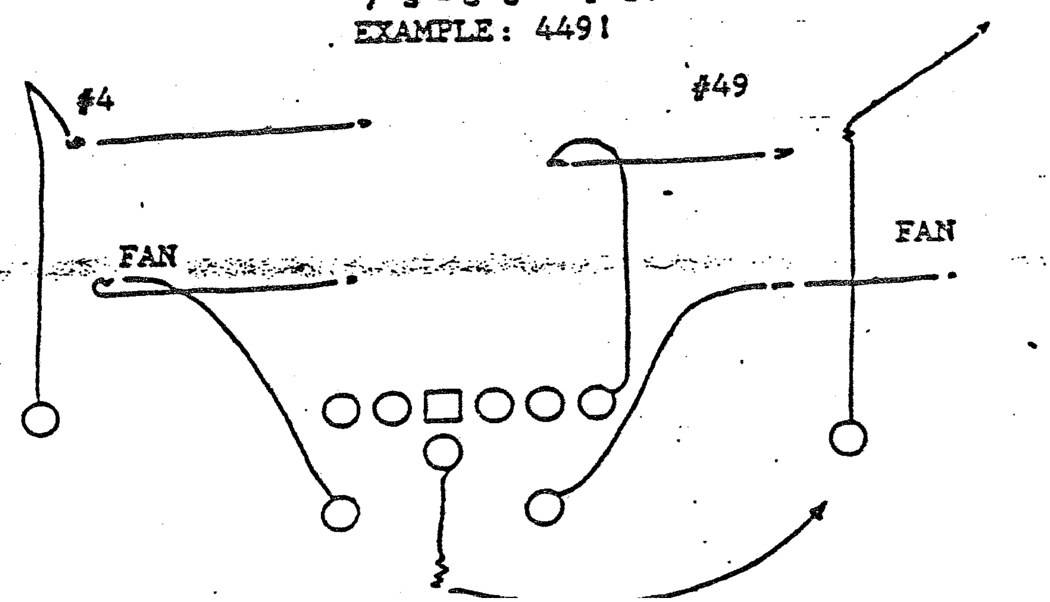
XVI. SCRAMBLE RULES

16.1 If the QB is forced out of the pocket due to a heavy rush, the receivers observe the following rules:

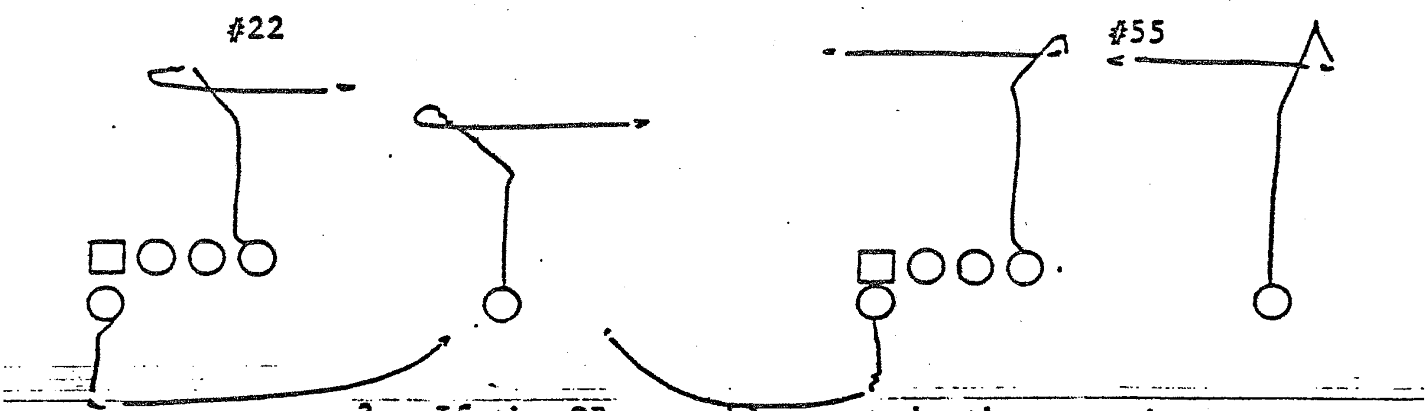
1. If the QB comes out to your side:

1.1 The deep men in the pattern continue deep but run in the same direction as the passer! Example: If running an 8, change to a 7! Deep patterns are 7's - 8's - 9's!

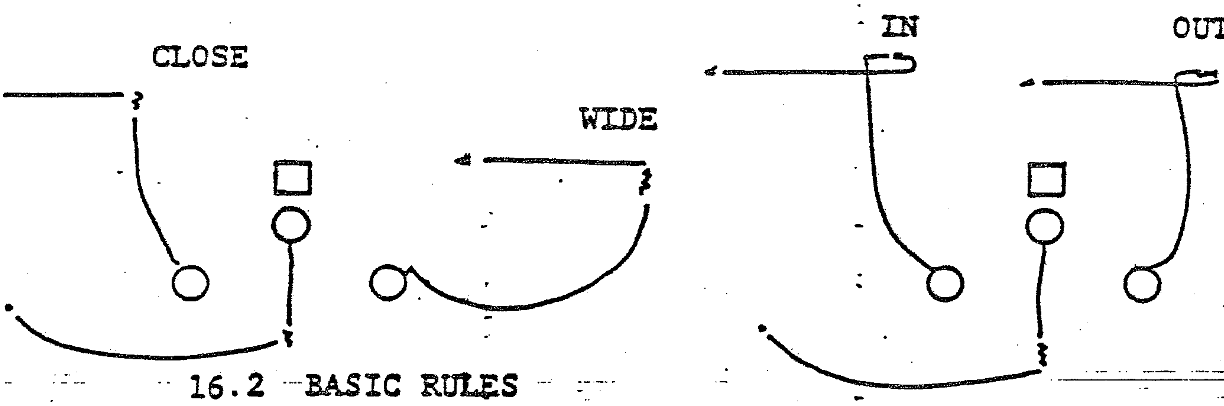
EXAMPLE: 449!



2. The short and medium receivers should stay short and medium but change their direction to run in the same direction the QB is moving. Example: If running a 6, turn it into a 5!



3. If the QB scrambles out in the opposite direction, change your course to a cross pattern parallel to your breaking point depth!



16.2 BASIC RULES

1. Backs who block or fake should run a course parallel to the L.O.S. with the QB.

2. RBs running flare routes should change their courses and run in the same direction as the passer, looking for an open spot!

3. All receivers keep vertical balance depth-wise on the field and keep running!

4. If you approach the sideline, short men start moseying back into the field area! Deep men co·e back.

5. If the passer decides to run, rally around him and peel off!

6. Screw offs hurt scrambles.

XVII. BEST LOCATED SAFETY (B.L.S.)

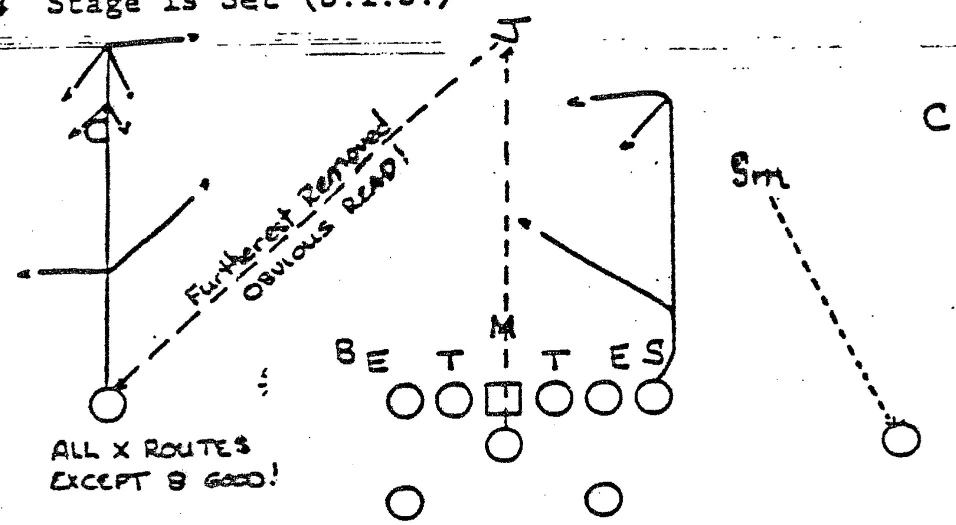
17.1 The B.L.S. is that safety which is lined up in a position that is least likely to be able to assist in the cr ;rage of a wide receiver!

1. In other words, he's the furthest removed and best to attack!

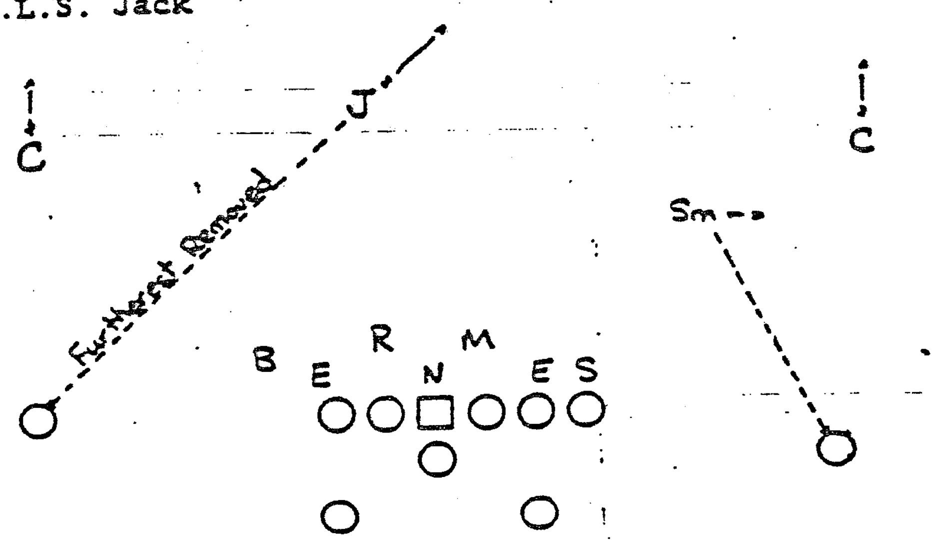
17.2 When a pattern calls for a B.L.S. read, it means determine which safety is the B.L.S. and then attack his side of the ball with the pattern called. Confirm that he remains as such on the first step of the drop!

17.3 When Jack is deep middle playing center field we say he "SETS THE STAGE." Work weak to X or strong to Y as long as X isn't running an 8 and Y is coming inside under Jack!

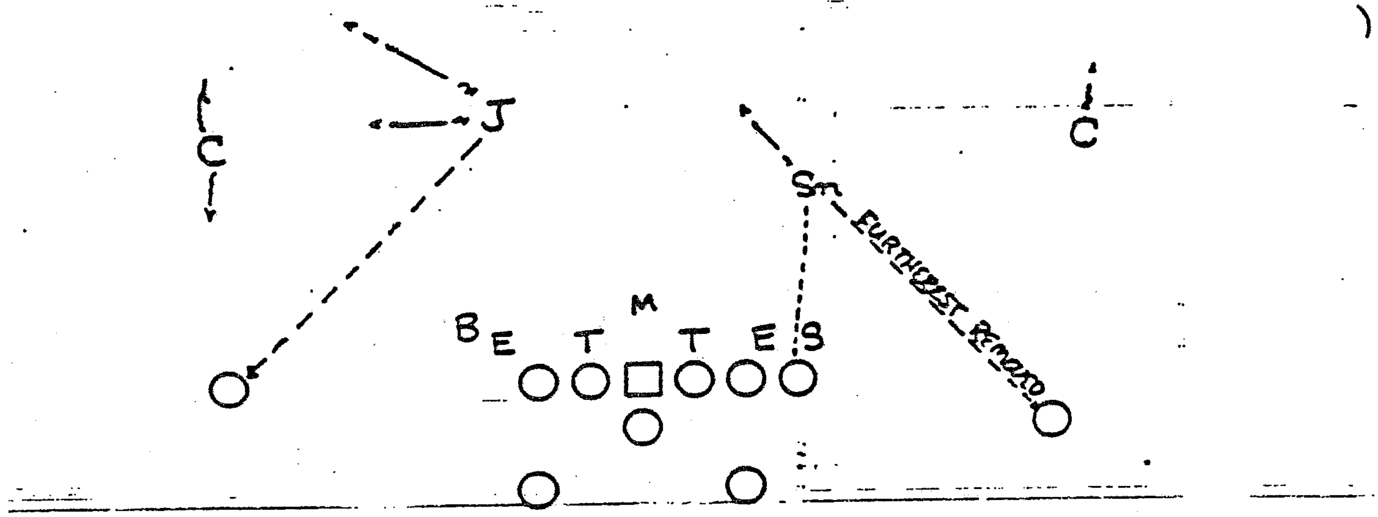
17.4 Stage is Set (S.I.S.)



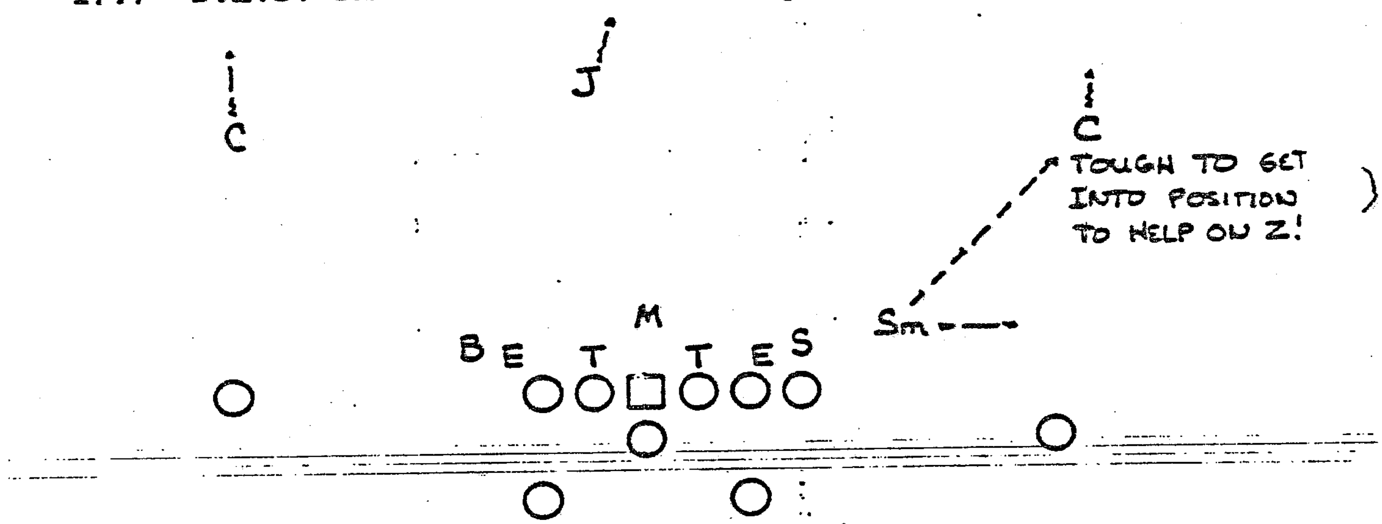
17.5 B.L.S. Jack



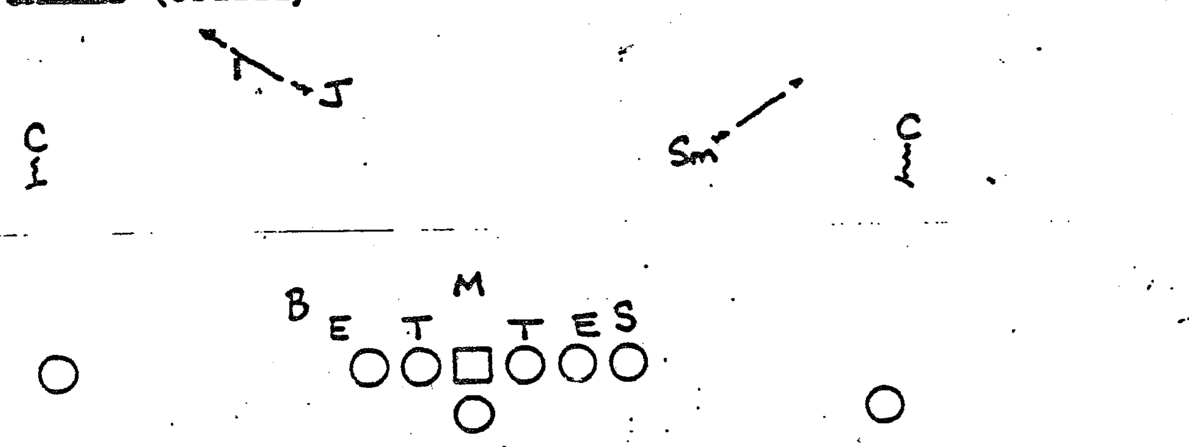
17.6 B.L.S. SAM: Jack is in a position to help on X!



17.7 B.L.S. SAM - SAM UP! Now compare Jack with Sam!



17.8 NO B.L.S. - GAME PLAN DICTATES ACCORDING TO PATTERN CALLED (Usually a Cov. 2 or 8 P.S.L.)



VIII. BUZZ SYSTEM

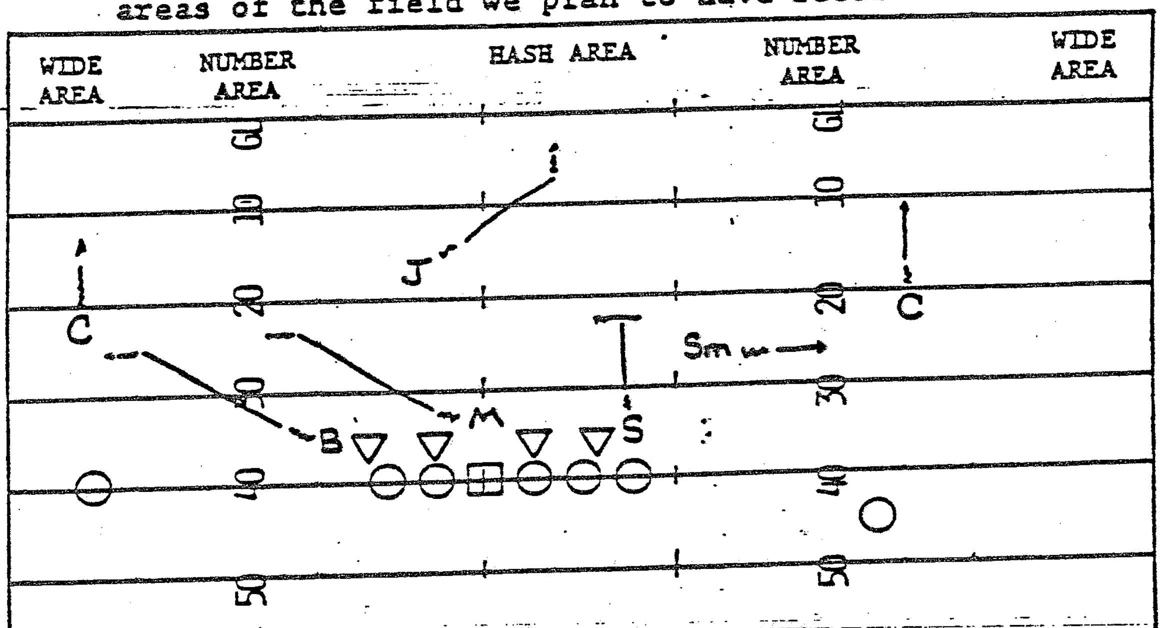
18.1 The second phase of a QB read is called the Buzz System.

18.2 The Buzz System is that system the defense employs to cover the short areas of their coverage.

1. Where and how the LB'ers drop and where and how a defensive back or backs enter the Buzz System!

18.3 Once the B.L.S. is determined the QB confirms that he remains as such and focuses in on the Buzz System under the read side!

18.4 The Buzz System defines how they are covering the 5 areas of the field we plan to have receivers in!



18.5 The coverage called dictates how the LB'ers and secondary are going to cover these 5 areas! It is QBs job to know how and who is covering the area he is attacking!

XIV. OFF SET THROWING CONCEPT

19.1 The concept of Off Set Throwing starts with a receiver being assigned a specific breaking point downfield.

1. The QB knows where this breaking point is and the direction the receiver is going to depart from that point.

XX. QUARTERBACK DROPS

20.1 THREE STEPS: 3 Steps - Plant on 3rd step and throw!

1. Think in terms of 5 yards!

20.2 THREE & TWO: 3 Full Strides - Two short gathering steps!

1. Two final steps can be back, planting on the 5th to throw or can be set in 3 and use 2 steps to shuffle and come to balance!

2. Think in terms of 5 to 7 yards.

20.3 FIVE STEPS: 5 Steps - Plant on 5th step and throw!

1. Think in terms of 7 yards.

20.4 FIVE & TWO: 5 Full Strides - Two short gathering steps!

1. Two final steps can be back, planting on the 7th to throw or can be set in 5 and use final 2 steps to shuffle and come to balance!

2. Think in terms of 7 to 9 yards.

20.5 SEVEN STEPS: 7 Steps - Plant on the 7th step and throw!

1. Think in terms of 9 yards!

20.6 SEVEN & TWO: 7 Full Strides - Two short gathering steps!

1. Two final steps can be back, planting on 9th step to throw or can be set in 7 and use final 2 steps to shuffle and come to balance!

2. Think in terms of 9 to 11 yards!

3. In taking a 7 & 2 drop, you won't be asked to plant and throw so make sure you come to balance before throwing.

4. If you have to hurry a 7 & 2 drop, go to a 5 & 2!

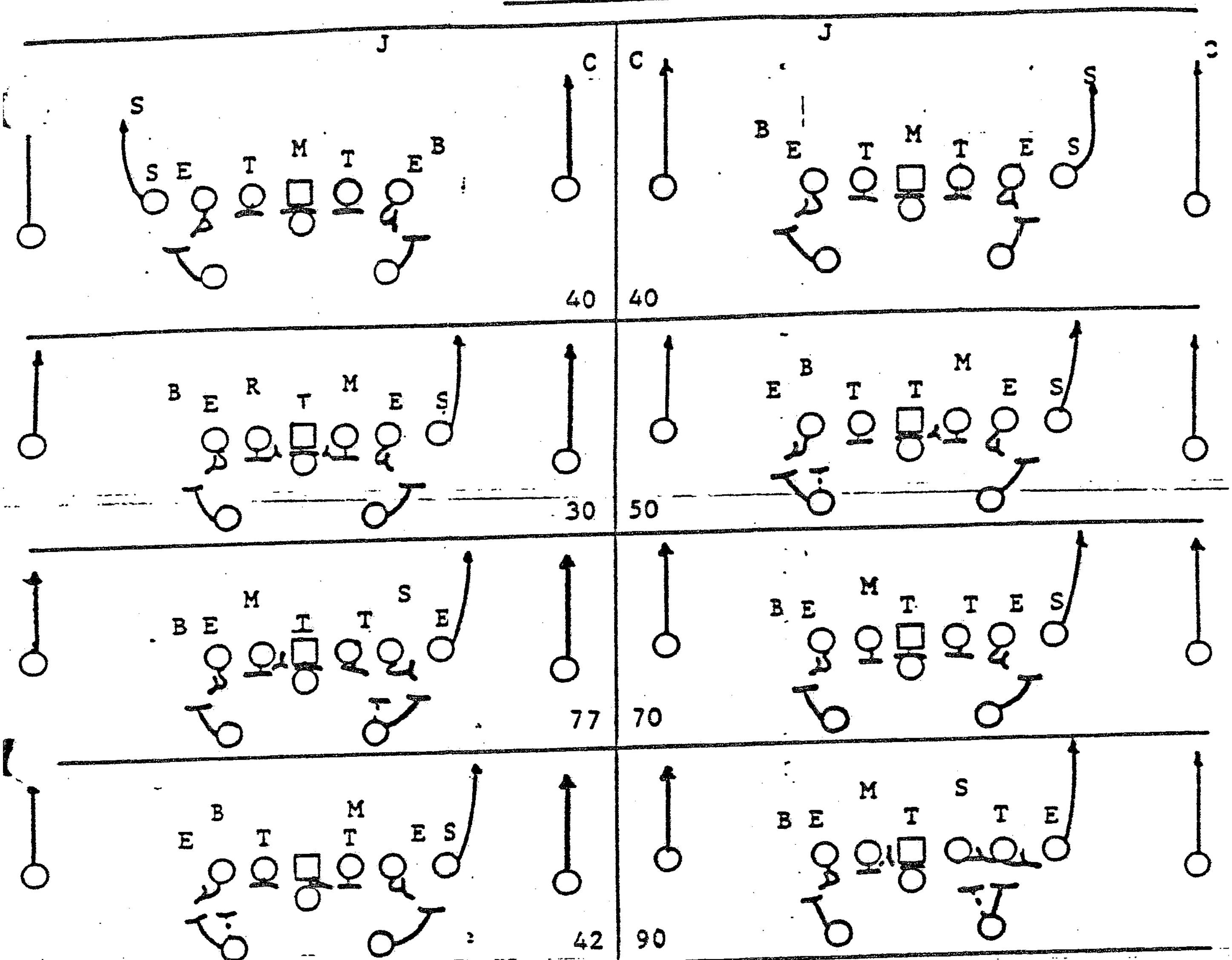
SOLID PROTECTION

THE SOLID SERIES IS NOT A SERIES IN ITSELF. FLARE - FIRM - EAST - WEST - NORTH - SOUTH PATTERNS CAN BE RUN WITH A SOLID CALL. SOLID MEANS THAT BOTH RBs WILL NOT S.P.U. AND RELEASE. THEY WILL STAY IN REGARDLESS OF WHAT THE LB'ERS DO! IF THE LB'ERS DROP, THE RBs WILL HELP WHERE ASSIGNED BY G.P. THE LINE BLOCKS BASE ALL THE WAY WITH BIG PEOPLE ON BIG PEOPLE, PASS SETTING FOR A QB DROPPING 7 OR 7 & 2 STEPS.

THE RECEIVERS RUN BASIC DEPTH PATTERNS UNLESS SOLID IS COMBINED WITH QUICK OR FIRM PROTECTION CALL. THEY ALSO SIGHT ADJUST SAFETY BLITZES!

SOLID CAN BE CALLED AS A SERIES PROTECTION NAME SUCH AS "SOLID 444" OR AS A FLARE CONTROL CALL "FIRM 444 BKS SOLID". REGARDLESS, THEY BOTH MEAN THE SAME THING. IF CALLED AS A FLARE CONTROL IT IS POSSIBLE TO RELEASE ONE BACK AND KEEP THE OTHER IN IF WE DON'T WANT TO GO TO AN EAST OR NORTH CALL! EXAMPLE: FIRM - 343 SOLID/FAN. NOW THE HB WOULD REMAIN IN AND THE FB WOULD S.P.U. - WEST 948 SEAM/SOLID, MEANING THE FB WOULD SET IN SOLID TO THE WEAKSIDE AND THE HB WOULD RELEASE!

SOLID PROTECTION



BLOCKING RULES

TIGHT END:	Run Pattern Called	
ONSIDE TAC:	Base - 2 Man	
ONSIDE GRD:	Base - 1 Man	Offensive line - Big men and Middle LB'er. Zone all stunts vs. all defenses.
CENTER:	Base - 0 Man	
OFFSIDE GRD:	Base - 1 Man	
OFFSIDE TAC:	Base - 2 Man	
QUARTERBACK:	7 or 7 & 2 step drop - Read B.L.S.	
AK BACK:	Swing pick up on Buck - No Dog - Clean up as assigned.	
STRONG BACK:	Swing pick up on Stub - No Dog - Clean up as assigned.	
	Pattern Called.	

COACHING POINTS SOLID PROTECTION

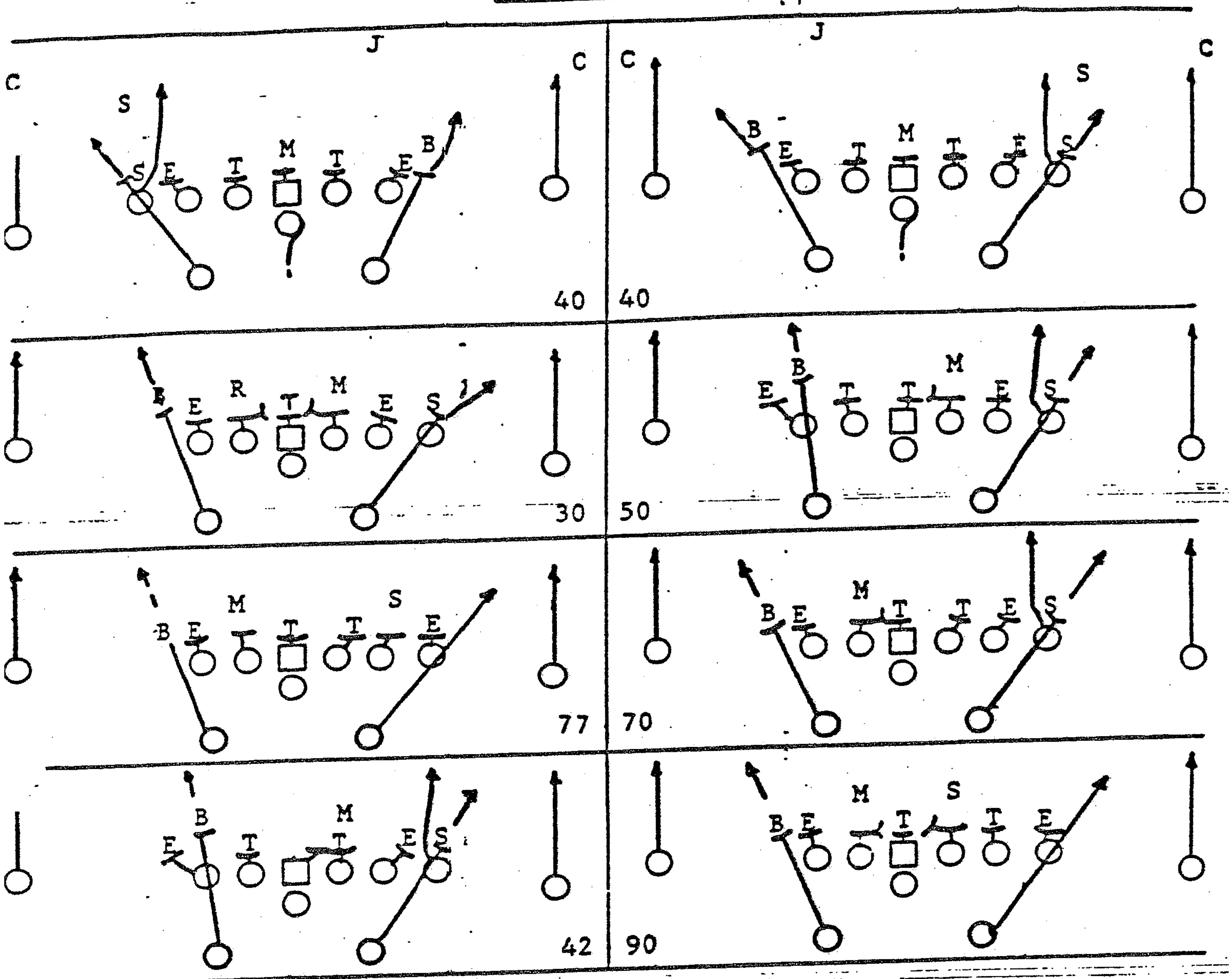
FORMATIONS:	ALL	SPLITS: SMART DEPTH: OFF
TIGHT END	1. Run pattern called. 2. All Flare principles apply 3. S.A. Blitzes	
ONSIDE TACKLE (TE SIDE)	1. Base 2 Man - Regular set. 2. Alert - 77 - 90 - Base 3 Man - Slide. 3. LBer outside your DE - No Dog - sit inside & expect outside help from Back. LB'er Dogs - No help. 4. Zone all stunts vs. all defenses.	
ONSIDE GUARD	1. Base 1 man - Regular set. No D.P.U. 2. Alert - 90 - Base 2 Man - slide. 3. Uncovered - check your backer - No dog - drive nose. 4. Alert - Louie - Roger call from center - slide to Mac. 5. Zone all stunts vs. all defenses.	
CENTER	1. ~~Base 0 man - regular set.~~ 2. Uncovered - check Mac - no dog - help. 3. Alert - 90 - No help strongside. 4. Void - make Louie - Roger call to Mac. 5. Zone all stunts vs. all defenses.	
OFFSIDE GUARD	1. Base 1 man - Regular set. 2. Uncovered - check your backer - no-dog - cut nose. 3. Alert - Louie - Roger call from center - slide to Mac. 4. Zone all stunts vs. all defenses.	
OFFSIDE TACKLE (OPEN SIDE)	1. Base 2 man - Regular set. 2. Alert - 50 - 42 - Base 3 man. 3. LB'er outside your DE - No dog - sit inside & expect outside help fro Back. LBer Dogs - No help. 4. Zone all stunts vs. all defenses.	
QUARTER BACK	1. ~~Solid can be called as a Series or as a Flare control call. Called drop 7 or 7 & 2 - S.A. Blitzes!~~ 2. Called as a series, drop 7 or 7 & 2 - S.A. Blitzes! 3. If called as a flare control, drop according to the series called. 4. Solid can be called to 1 RB by calling Solid in place of his flare! 5. Example Calls - Solid - 545: Flare - 545 Bks Solid or Flare-545 Hool	
WEAK BACK	1. Swing pick up on Buck. 2. Buck dogs - take up the slack! 3. Buck drops - clean up where assigned by G.P.	
STRONG BACK	1. Swing pick up on Stub. 2. Stub dogs - take up the slack! 3. Stub drops - clean up as assigned!	
SPLIT-X	1. Run pattern called - flare routes. 2. S.A. Blitzes	
FLANKER-Z	1. Run pattern called - Flare routes 2. S.A. blitzes	
OFFSIDE TIGHT END	1. Run pattern called - flare routes.	

QUICK SERIES

THE QUICK SERIES IS OUR SHORT RANGE TIMED PASSING GAME IN WHICH THE TERM QUICK DEFINES ALL RESPONSIBILITIES. THE LINE SETS AGGRESSIVELY, BLOCKING BASE ASSIGNMENTS USING CUT TECHNIQUES! THE QB TAKES A 3 STEP OR A 3 & 2 STEP. THE BASIC ROUTES USED IN THE QUICK SERIES ARE THE 1 ROUTE (6 YARD QUICK OUT), THE 2 ROUTE (6 YARD SLANT) AND IN THE GOALLINE THE QUICK FADE. BOTH RB's HAVE AGGRESSIVE S.P.U. ASSIGNMENTS ON THE TWO OUTSIDE LINE-BACKERS, THEN ENTER THE PATTERN.

QUICK CAN BE COMBINED WITH OTHER PASSING SERIES AS A SECONDARY CALL THAT WOULD ALERT EVERYONE TO USE QUICK TECHNIQUES WITHIN THE FRAME-WORK OF THE PRIMARY SERIES CALLED. EXAMPLE: WEST-QUICK 414 CLOSE/W IT AMOUNTS TO A WEAK FLOOD QUICK PASS!

QUICK PROTECTION



BLOCKING RULES

TIGHT END: Run Pattern Called Unless Covered by DE - Then Base! 12 = Hot!

ONSIDE TAC: Quick Base - 2 Man.

ONSIDE GRD: Quick Base - 1 Man

CENTER: Quick Base - 0 Man

OFFSIDE GRD: Quick Base - 1 Man

OFFSIDE TAC: Quick Base - 2 Man

Offensive line - Big men and Middle LB'er - Zone all stunts vs. all defenses.

QUARTERBACK: 3 or 3 & 2 Step Drop: Read B.L.S.

W[illegible]AK BACK: Aggressive S.P.U. on Buck; No Dog, Run Flare Called!

[illegible]ONG BACK: Aggressive S.P.U. on Buck; No Dog, Run Flare Called!

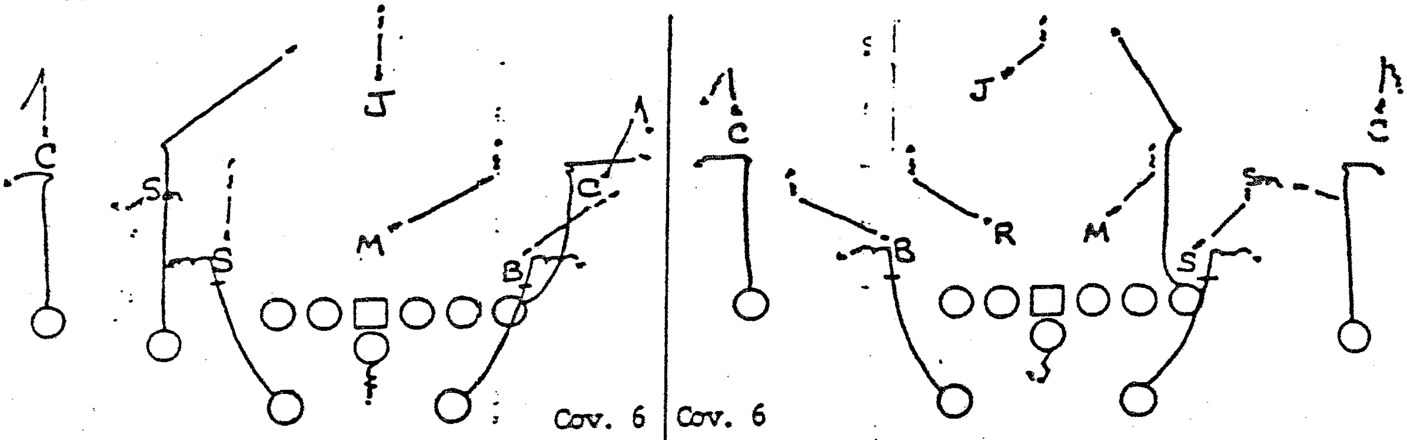
X: Pattern Called.

[illegible] Called

COACHING POINTS   QUICK PROTECTION

FORMATIONS:	ALL	SPLITS: SMART DEPTH: ON
TIGHT END	1. Run Pattern called. S.A. Blitzes. 2. Alert - DE over you - aggressive, pass block. -90 - 77. 3. Hot on 12 release vs. Stub dog or DE over you! 4. If weakside of 1 back formation-assume HB's S.P.U. on Buck! Slow if "OH" Calle	
ONSIDE TACKLE (TE SIDE)	1. Quick Base 2 Man-on or off. 2. Flash and cut. 3. Zone all stunts vs. all defenses.	
ONSIDE GUARD	1. Quick Base 1 man - on or off. 2. Flash and cut. 3. Zone all stunts vs. all defenses. 4. Uncovered - check backer - drive Nose.	
CENTER	1. Quick Base 0 man - on or off. 2. Aggressive pass protection. 3. Zone all stunts vs. all defenses.	
OFFSIDE GUARD	1. Quick Base 1 man - on or off. 2. Flash and cut. 3. Zone all stunts vs. all defenses. 4. Uncovered - check backer - cut nose.	
OFFSIDE TACKLE (OPEN SIDE)	1. Quick Base 2 man. 2. Alert - 50 - 42 - 3 Man. 3. Flash and cut. 4. Zone all ..nts vs. all defenses.	
QUARTER BACK	1. Use either a 3 step or a 3 & 2 step drop. S.A. Blitzes! 2. Don't false step leaving the center. <u>Timing is critical!</u> 3. Don't flag the ball. Initial vision downfield. 4. Plant & throw. Throw with your eyes first! 5. 12 combination strong - Y's hot vs. a Stub dog or 90/77 DE!	
WEAK BACK	1. Aggressive swing pick up on Buck. 2. No Dog, run complimentary flare called! 3. Can cut Buck if he dogs!	
STRONG BACK	1. Aggressive swing pick up on Stub. 2. Alert - 90 - 77 - DE over TE - Run flare called. No S.P.U. (12 called=H 3. No dog, run complimentary flare called. 4. Can cut Stub if he dogs!	
SPLIT - X	1. Run pattern called. S.A. Blitzes. 2. Quick series involved Quick out and slant.	
FLANKER-Z	1. Run pattern called. S.A. Blitzes. 2. Quick series involves Quick out and Slant.	
OFFSIDE TIGHT END	1. Run route called!	

Series & Protection: QUICK - Pattern: 181 (ABLE 91) Flare: BACKS / DRIFT



Quarterback

P.S.L.: SECONDARY Read: B.L.S. TO CORNER TO BUZZ SYS. Drop: 3 STEPS

Pattern Progression Wk: X to HB to Y Progression Stg: Z to FB to Y

Blitz/Dog Principle: RECs - S.A. VS. BLITZ - Y POSSIBLE HOT VS. MAC DOG

Rec. Adjs. Vs. Cleo = X/Q: FADE Y/Slot: NONE Z: FADE HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: R & B

Rec. Adjs. Vs. Coverage: B & R = FADE! LB'er NOSE = FADE!

Formation Variations:
1. BROWN
2. I
3. SLOT/TWIN
4. SLOT/TWIN SPLIT (X)
5. ACE SLOT (HOW)
6. "D" FORMATIONS
7.
8.

Series Variations: 1. WEST OK 2. EAST OK 3. NORTH OK

Rec Variations: X/Q: HITCH / GO / Y/S: 21 / 91 / Z: HITCH / GO /

RB Flare Variations: HB will turn Drift into a Seam when buck noses up on X!
West QK call - HB runs close with FB Drift WK!

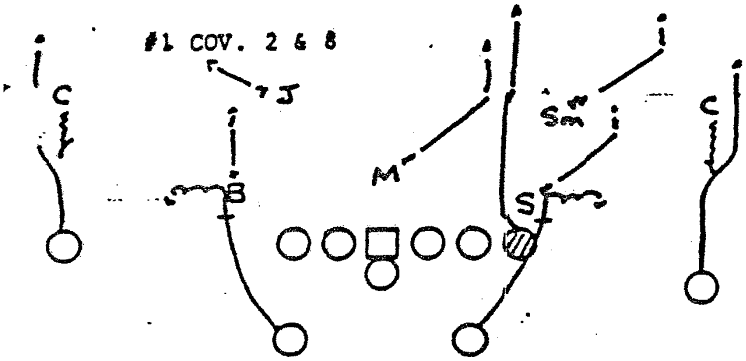
Use of Movement: ZOOM/ZOT/ZIN/HIP/HUM/TOM/TIM/FUM!

QB Coaching Points

1. Don't false step leaving the center! Confirm B.L.S. on 1st step!
2. Plantand throw on 3rd step!
3. Don't change sides!
4. Focal point downfield until 2nd step.
5. Cleo - add 2 steps to drop.
6. B & R coverage on WR - add 2 steps unless inside the +10 yd. line!
7. Buck nose, alert for HB hitting the seam!
8. LB'er buzzes under Qk 1, look for drifter!
9. Cover 2 or 8 and going to Y or Slot, add 2 steps to drop!
10. Pattern not there after progression, run a QB draw or throw it away!
11. Vs. a 90 defense, alert for FB drifter - TE will block DE!
12. Be aware of the Cluer!
13. Be alert for multiple LB'er defenses and multiple DB coverages!
14. When going to WEST OK - the call is 101 Close/Drift! Still read B.L.S.!

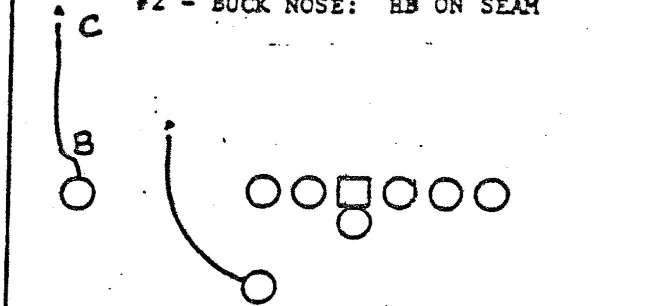
QUARTERBACK ALERTS

#1 COV. 2 & 8



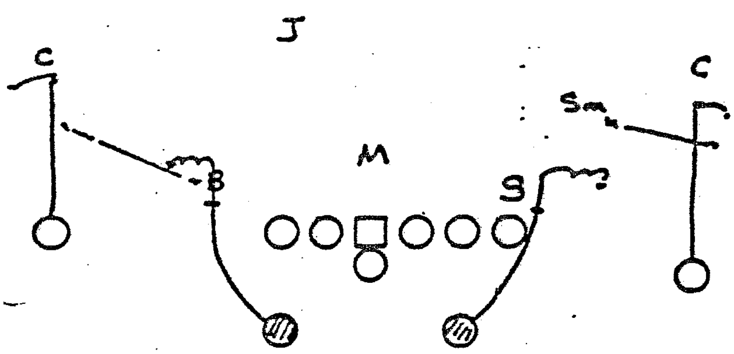
1. Add 2 steps and look for Y!
2. Don't float the ball to Y!
3. Not there - look for the drifter!
4.

#2 - BUCK NOSE: HB ON SEAM



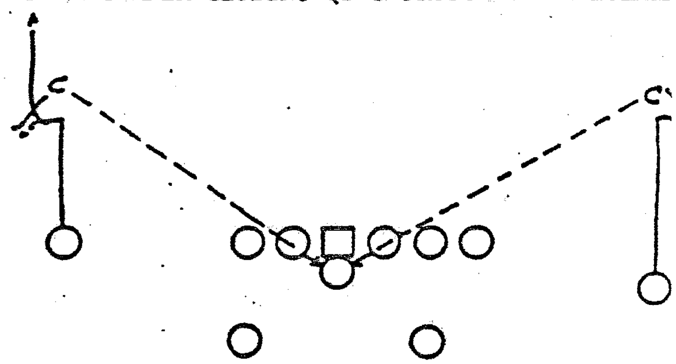
1. Buck Nose - go to HB.
2. Alert for LB'er inside.
3. Pedal quick and throw.
4.

#3: LB'ER BUZZING UNDER X QK. 1



1. Buck or LB'er under Qk 1-look for DRIFTER
2. Strongside-Sam buzzing Qk 1-look for DRIFTER
3.
4.

#4: CORNER CLUEING QB's DROP!



1. If Corner clueing - use GO move!
2. Very important to get to 2nd read - Corne
3. "Pump" possibility vs. cluer!
4.

Pattern Best Vs. Cover: DEEP-CORNER PLAY (Ranked in Order)

General Comments: Be alert to vary formations. The quick 1 passing game is called and used as a run! West Quick should be read the same way but the emphasis is strongside!

QB Notes:

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: QUICK Pattern: 181 Flares: BACKS DRIFT

Halfback (Weakside)
Protection: S.P.U. BUCK Route: DRIFT Adj. Vs. Cov: BUCK NOSE - SEAM
Variation Routes: CLOSE/OUT Dog Principle: HOT IF CALLED
Movement: HIP - HUM

C.P.s:
1. Buck dogs, take up the slack (2/3 the distance) and block him!
2. Don't drift into the throwing lane. Hold position 3 yds. outside break.
3. If Buck nose's up on X, turn drift into a Seam. Look quick over inside shoul
4. When in How position, use WR split rule. Ace, still S.P.U. Buck!
5. Ace Slot - your flare becomes an Out.

Fullback (Strongside)
Protection: S.P.U. STUB Route: DRIFT Adj. Vs. Cov. NONE
Variation Routes: WEST QK - DRIFT WK Dog Principle: HOT IF CALLED
Release: OUTSIDE Movement: FUM

C.P.s:
1. TE covered by down lineman - No S.P.U. (90 & 77 def.)
2. Stub dogs - take up the slack (2/3 the distance) and block him!
3. Don't drift into the throwing lane. Hold position 3 yds. outside break!
4. West QK call - S.P.U. Buck then Drift weak!
5.

X or Q (Weakside Receiver)
Location: BASIC Route: #1 Release: STRAIGHT Adj. Vs. Cleo: FADE
Change Up Routes: GO - HITCH Blitz Principle: S.A. Movement: NONE
Slot Route: 81 Twin Route: 81 Adj. Vs. Cov: FADE B & R COV.

C.P.s:
1. There is no primary receiver - be alert - the coverage will dictate throw!
2. Be sure to slow down coming out of the break - leaving turn up room!
3. Never go out of bounds unless knocked out.
4.
5.
6.

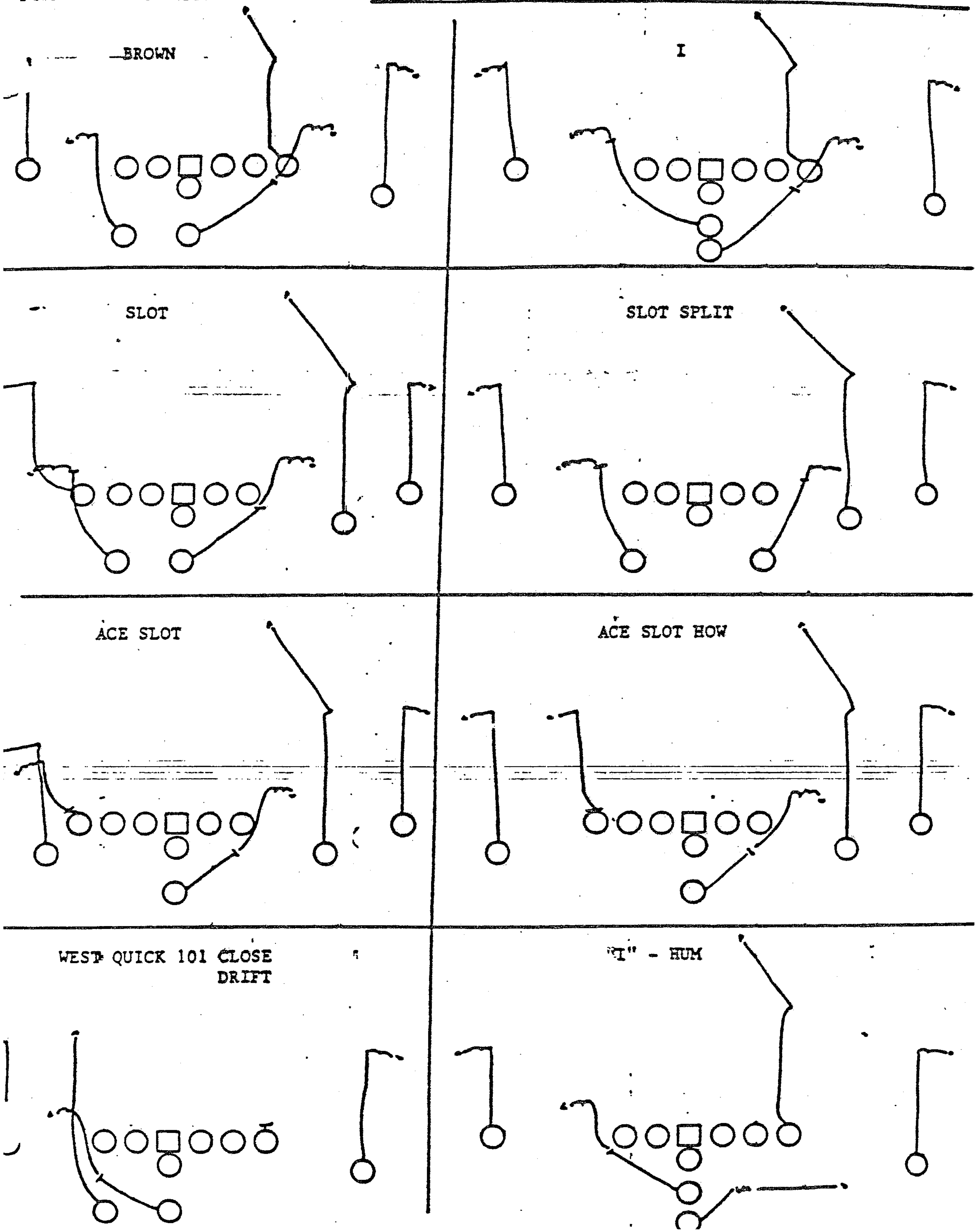
Y or Slot (Middle Receiver)
Location: POC Route: #81 Release: INSIDE Adj. Vs. Cleo: NONE
Change Up Routes: 21 / 91 Dog Principle: G.P. Blitz Principle: S.A.
TE at Q Route: #1 Adjs. Vs. Cov: NONE Movement: TOM/TIM

C.P.s:
1. G.P. <u>may</u> dictate a Hot receiver principle on a Mac dog!
2. Slot man, hit the seam in your 81 pattern.
3. Release inside any form of nose coverage if possible.
4. R & B cover 2 by hitting the seam.
5. If forced to release outside, don't get wider than 1 yd.!
6. Covered by down lineman, block the DE!

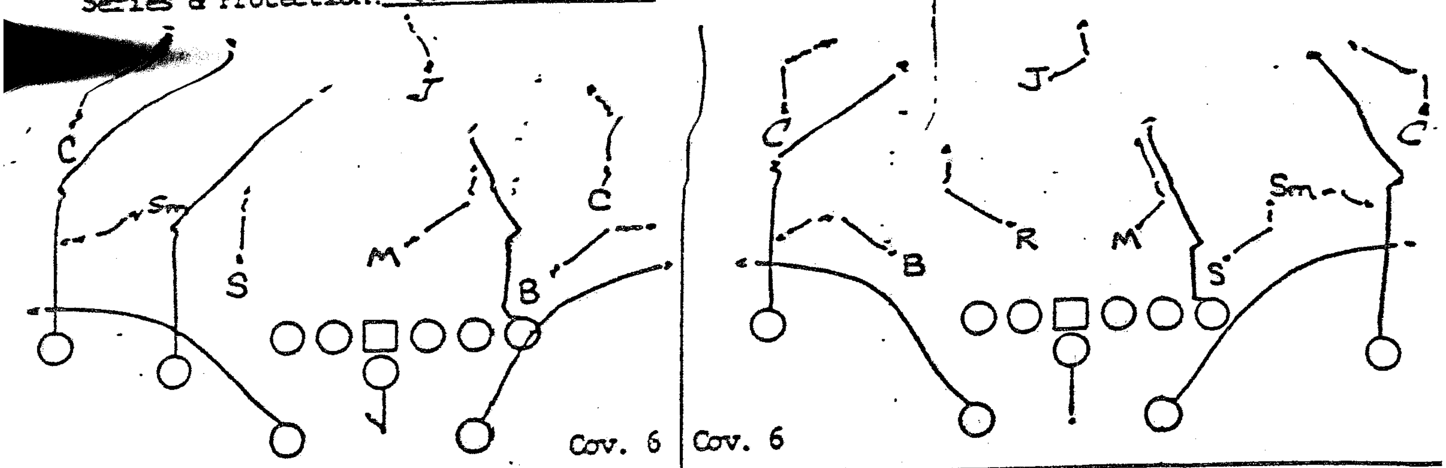
Z (Strongside Outside)
Location: BASIC Route: #81 Release: STRAIGHT Adj. Vs. Cleo: FADE
Change Up Routes: GO - HITCH Blitz Principle: S.A. Movement: ZOOM/ZIN/ZOT
Slot Route: #81 Twin Route: 81 Adj. Vs. Cov: FADE B & R COV.

C.P.s:
1. There is no primary receiver - be alert. The coverage will dictate the thr
2. Be sure to slow down coming out of the break, leaving turn up room.
3. Never go out of bounds unless knocked out!
4.
5.
6.

FORMATION VARIATIONS FOR PATTERN: QUICK 181 BACKS DRIFT - WEST QK



Series & Protection: QUICK - Pattern: 222 - (ABLE 92) Flare: BACKS / SHOOT



Quarterback

P.S.L.: SAFETIES Read. B.L.S. TO BUZZ SYSTEM - Drop: 3 STEPS

Pattern Progression Wk: X to HB Progression Stg: Z to FB

Blitz/Dog Principle: RECs - S.A. VS. BLITZ: RBs HOT: POSSIBLE Y HOT VS. MAC DOG!

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: BURST HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: B & R = BURST PICK. LB'er NOSE = BURST PICK!

Formation Variations: 1. SLOT - SLOT SPLIT 2. TWIN/TWIN SPLIT
3. ACE STRONG 4. "D" FORMATIONS 5.
6. 7. 8.

Series Variations: 1. WEST OK 2. WEST OK 212 3.

Rec Variations: X/Q: GO / / Y/S: 12 / / Z: 12 / GO /

RB Flare Variations: WEST OK = SHOOT/CHECK: 212 = SHOOT/UNDER: FLATS

Use of Movement: ZOOM/ZIN/TIM/TOM/HIP

QB Coaching Points

1. Don't false step leaving the center! Confirm B.L.S. on 1st step!
2. Be alert for the 2nd LB'er to the inside!
3. G.P. will dictate use of Shoot or Flat - Shoot backs are hot!
4. Keep the ball in front of the receiver, pulling him into the throwing lane.
5. Don't force the throw - take the positive gain!
6. If going strong, be more alert for Sam's reaction to Y!
7. "Dump" the ball to the FB if the LB'er dogs!
8. Y can be G.P. "hot" vs. a Mac dog!
9. West Qk call, Y would be "hot" unless "OH" call is made. (B.L.S. Read).
10. Vs. a DE on Y - the TE will block and not be in the pattern.
11. Throw behind rotation until you get double rotations, then think strong!
12. A flat is the same route as a shoot for the RBs except they now have S.P.U.
13. Be alert for a "cluer".
14. Y and Z on a 12 combination read the same but Y is running FBs course!
15. If going strong toward a 12 combo, think Y to Z! DE on Y - he will block!

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: QUICK Pattern: 222 Flares: BACKS SHOOT

Halfback (Weakside)
Protection: HOT Route: SHOOT Adj. Vs. Cov: NONE
Variation Routes: FLAT/FLY Dog Principle: HOT VS. BUCK DOG
Movement: HIP

C.P.s:
1. Buck dogs, flatten out and look for the ball!
2. Buck drops, run flat route.
3. Look over outside shoulder for the ball as you stretch the zone!
4. Flat call - S.P.U. Buck!
5.

Fullback (Strongside)
Protection: HOT Route: SHOOT Adj. Vs. Cov. NONE
Variation Routes: UNDER/FLAT/FLY Dog Principle: HOT VS. STUB DOG
Release: OUTSIDE Movement: NONE

C.P.s:
1. TE covered by down lineman - No S.P.U. (90 & 77 def.)
2. ~~Stub dogs, flatten out and look for the ball!~~
3. Stub drops, run flat route and stretch the zone.
4. West QK call - S.P.U. Buck and Checkdown!
5. Flat call - S.P.U. Buck! Under call - S.P.U. Stub.
6. Under call vs. DE on TE, run a shoot!

X or Q (Weakside Receiver)
Location: BASIC Route: #2 Release: STRAIGHT Adj. Vs. Cleo: BURST
Change Up Routes: GO Blitz Principle: S.A. Movement: NONE
Slot Route: 22 Twin Route: 22 Adj. Vs. Cov: BURST PICK B & R!

C.P.s:
1. Come inside looking for the throwing lane.
2. Flatten course as you break inside.
3. If anything, run route short!
4. When coming inside vs. B & R - think pick with HB on Shoot!
5. RBs on Flat call, think pass receiver first.
6. Q position, run a lookie!

Y or Slot (Middle Receiver)
Location: POC Route: 22 Release: INSIDE Adj. Vs. Cleo: NONE
~~Change Up Routes: 12 Dog Principle: G.P. Blitz Principle: S.A.~~
TE at Q Route: 2 Adjs. Vs. Cov: NONE Movement: TIM/TOM

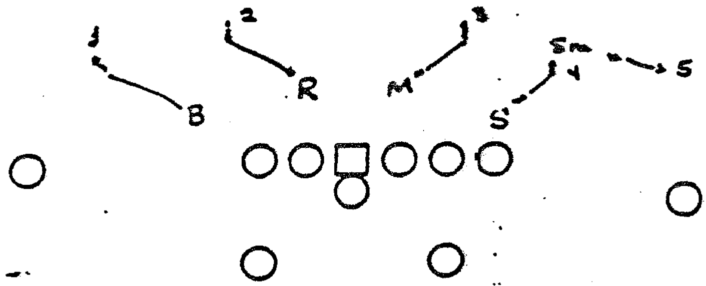
C.P.s:
1. As you release inside, check for the Lookie! Possible Hot vs. Mac dog!
2. Covered by a DE, block him (70 & 90 Def.)
3. If Slot - release inside any form of nose coverage.
4. 12 Combo, look quick for the ball. Stretch zone if not receiver!
5. QB progression Strong on 12 Combo is Y to Z!
6. 12 Combo & covered by DE, block him!

Z (Strongside Outside)
Location: BASIC Route: 22 Release: STRAIGHT Adj. Vs. Cleo: BURST
Change Up Routes: 12 / GO Blitz Principle: S.A. Movement: ZOOM/ZIN
Slot Route: 22 or 12 Twin Route: 22 Adj. Vs. Cov: BURST PICK B & R

C.P.s:
1. Come inside looking for throwing lane.
2. Be aware of Sam! Go behind him! May have to adjust depth!
3. When coming inside vs. B & R, think pick with FB on Shoot.
4. If 12 Combo, really read Sam's coverage on Y.
5. Progression Strong on 12 Combo is Y to Z!
6

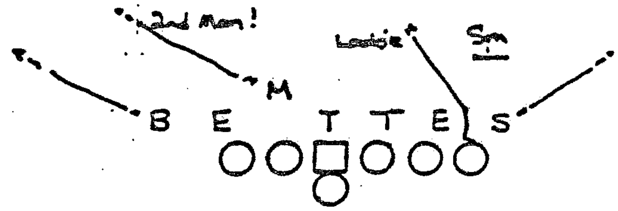
QUARTERBACK ALERTS

#1 ALERT: MULTIPLE LB'er DEFENSES

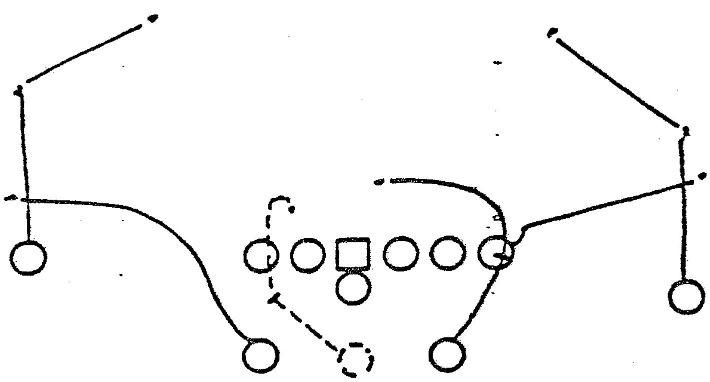


1. Can end up with 5 underneath
2. Beat the 2nd man underneath inside WR.
3.
4.

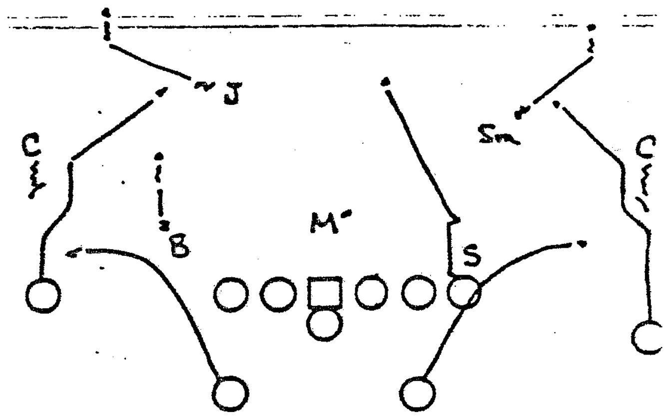
#2 ALERT – MAC MOVED WEAK BUSTER COVERAGES



1. 70 defense, Mac weak – alert going to X
2. Beat 2nd underneath coverage man.
3. Alert for BUSTER safety play!
4. 70 front – check Y on lookie!



1. 12 Combo – Read same as 222 – B.L.S.
2. Going strong – Y to Z!
3. FB now on Under route.
4. FB will S.P.U. Stub! Vs. DE – FB will Shoot.



1. Cov. 2 or 8 – X & Z will Burst!
2. Think RB lay off right away!
3. Strongside first!
4.

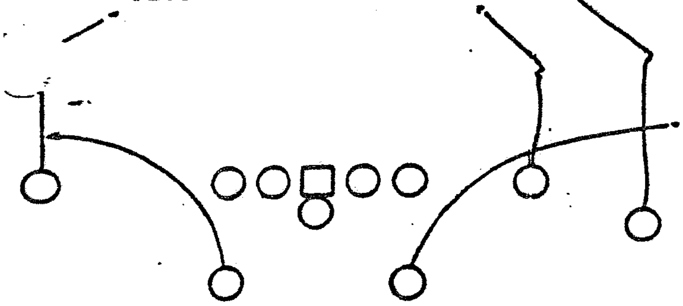
Pattern Best Vs. Cover: 40 or 50 Front – Cov. 6-1-3-5-7-9-2-8 (Ranked in Order)

General Comments: This is a difficult pattern to throw. It must be on time and right on target! It has to be thrown with great anticipation! You cannot wait for the receiver to come into the throwing lane, then throw! Pull him into the lane! Concentrate on the 2nd man underneath to the inside of the wide receiver! You are basically throwing behind rotation until attacking Cov. 2 or 8! Change up route is a 212 combination. TE is now replacing the FB!

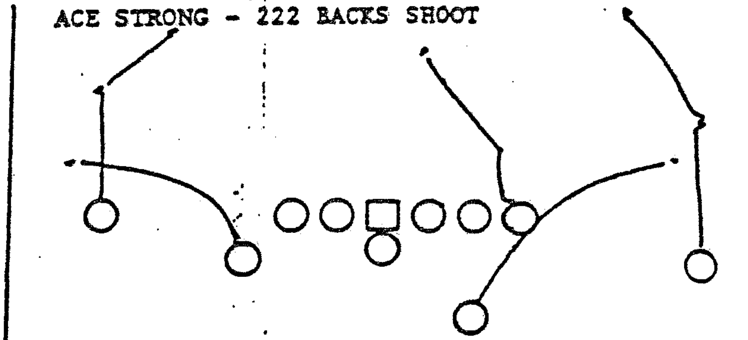
QB Notes:

FORMATION VARIATIONS FOR PATTERN: QUICK 222 BACKS/SHOOT - 212 SHOOT/UNDER

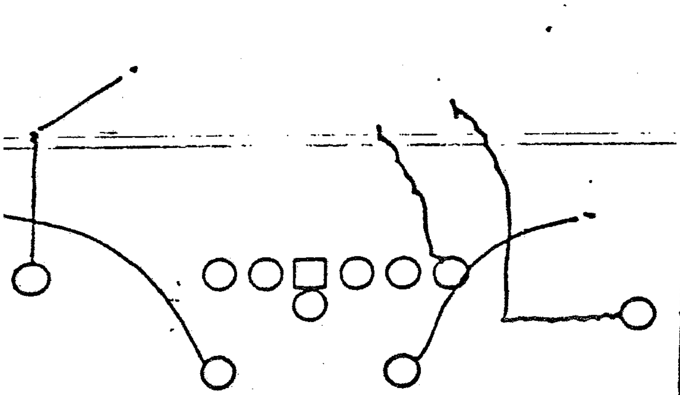
SLOT OR TWIN SPLIT - 222



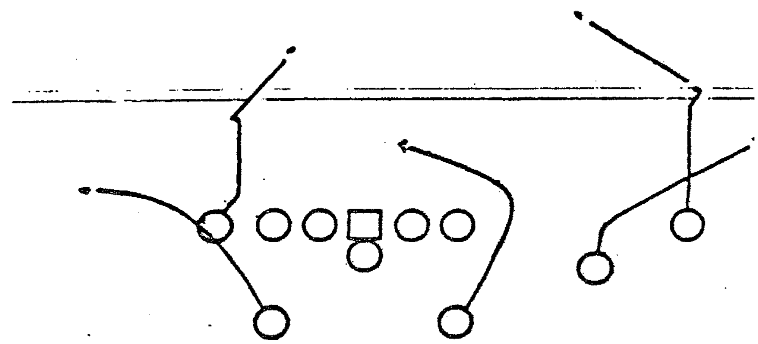
ACE STRONG - 222 BACKS SHOOT



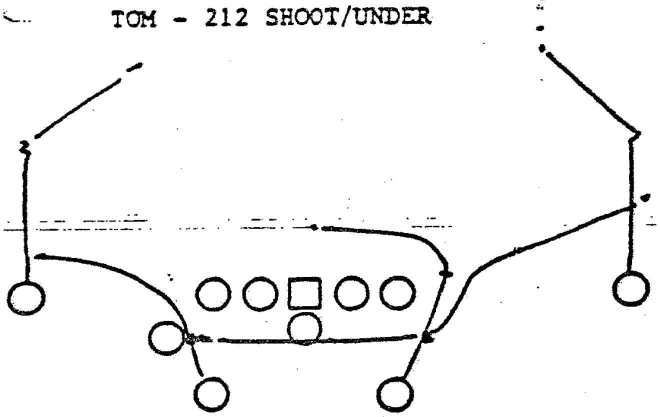
ZIN: BOTH Y & Z PICK!



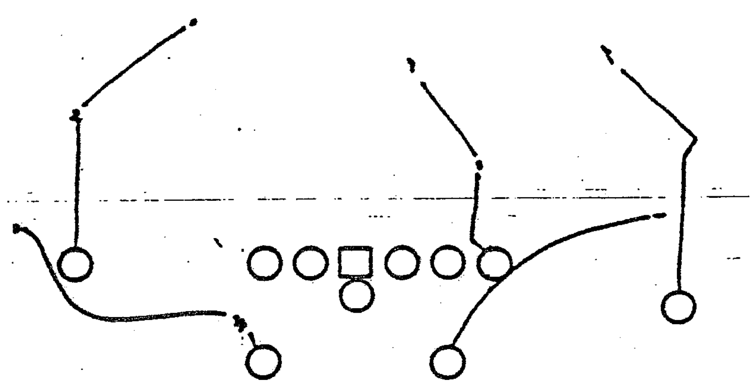
SLOT: 212 SHOOT/UNDER



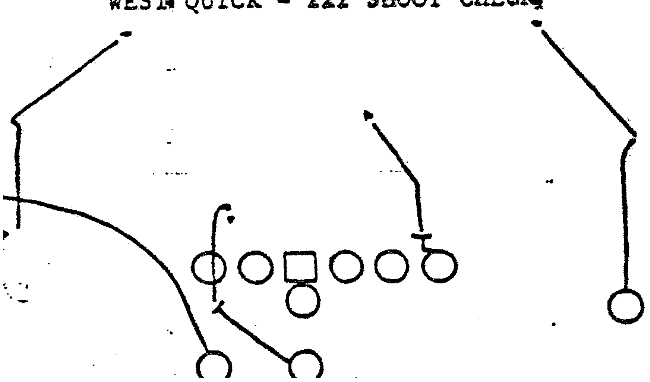
TOM - 212 SHOOT/UNDER



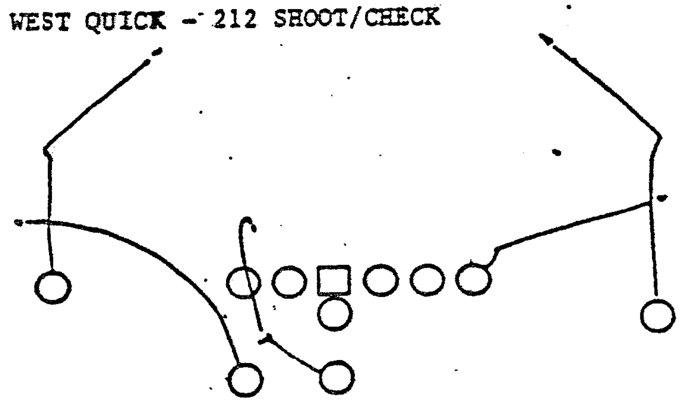
HIP: 222 BACKS SHOOT



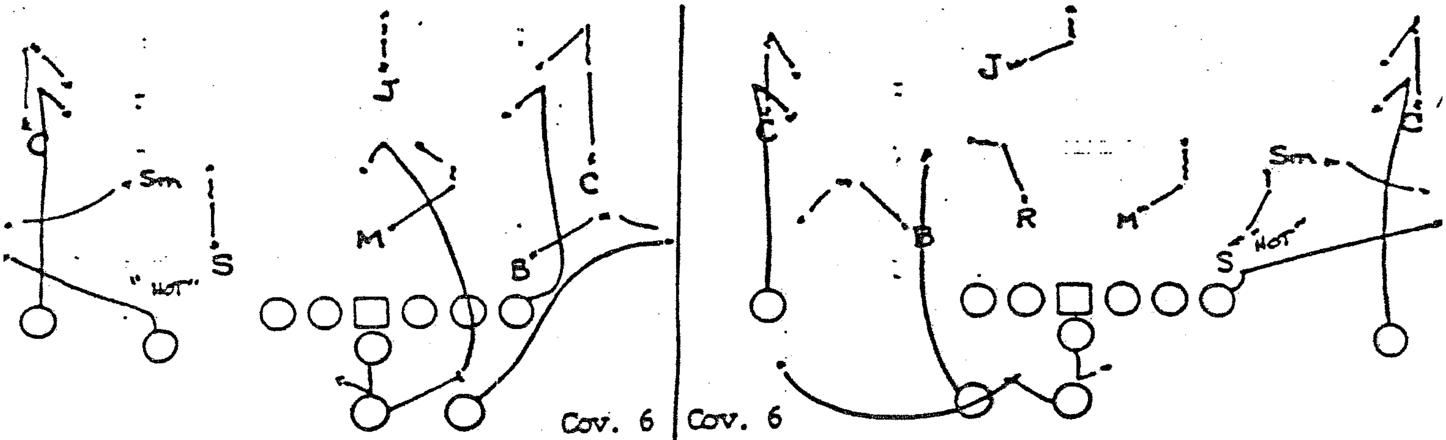
WEST QUICK - 222 SHOOT CHECK



WEST QUICK - 212 SHOOT/CHECK



Series & Protection: WEST QK Pattern: 414 Flare: CLOSE / WIDE



Quarterback

P.S.L.: STUB & SAM Read: B.L.S. STUB & SAM Drop: 3 & 2

Pattern Progression Wk: X to HB Progression Stg: Y to Z

Blitz/Dog Principle: RECEIVERS S.A. BLITZES: STUB DOG - Y's HOT

Rec. Adjs. Vs. Cleo = X/Q: FADE Y/Slot: NONE Z: FADE HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: FADE B & R COVERAGE:

Formation Variations: 1. I 2. SLOT
3. RED 4. ACE 5. "D" FORMATIONS
6. 7. 8.

Series Variations: 1. QUICK 2. NORTH QUICK 3.

Rec Variations: X/Q: 9 / 8 / Y/S: GO / / Z: 9 / /

RB Flare Variations: FLAT/HASH - FLASH/HASH

Use of Movement: HIP/ZIN (HIDE)

QB Coaching Points

1. Concentrate on Stub and Sam's location and reaction!
2. Stub head up, Sam outside, read Sam's reaction to Y - get Y the ball! (3 steps).
3. Stub outside - Sam inside, read Sam and get the ball to Z! (3 & 2 steps)
4. Sam up - think Z right now!
5. Stub dogs - get the ball to Y. Treat 90 DE as Stub dog!
6. P.S.L. defines Cov. 3 or 5, think X to FB!
7. Cover 2 or 8, think Z fade!
8. WR's breaking points are 12 yds.! Off Set throwing concept applies!
9. If you get a basic Cov. 6 Cleo, stay with Y but get it to him quickly!
10. Ace formation - Use HB as you would TE - Read B.L.S.
11. Double formation - Read B.L.S. and go accordingly - Callside is hot!
12. Hide Call - (Hip & Wide) Read B.L.S.!

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: WEST-QUICK Pattern: 414 - | Flares: CLOSE / WIDE

Halfback (Weakside)
Protection: N.S.P.U. Route: CLOSE Adj. Vs. Cov: NONE
Variation Routes: FLAT - HIDE - FLASH Dog Principle: NONE
Movement: HIP/HIDE

C.P.s:
1. No S.P.U. Just release on Close flare and check over inside shoulder.
2. Flat called - stretch the zone!
3. Ace Set - alert for the ball quickly!
4. Hip call - alert for QB working weak!
5. Hide call - combines Hip & Wide flare along with FB medium!

Fullback (Strongside)
Protection: S.P.U. BUCK Route: OK WIDE Adj. Vs. Cov. NONE
Variation Routes: HASH - MEDIUM Dog Principle: NONE
Release: OUTSIDE Movement: NONE

C.P.s:
1. S.P.U. Buck weakside - Move quickly with Quick call!
2. Buck drops, pick up pace of wide!
3. Hide called - run on automatic medium weakside if buck drops!
4.
5.

X or Q (Weakside Receiver)
Location: BASIC Route: OK 4 Release: VARY Adj. Vs. Cleo: FADE
Change Up Routes: 9 Blitz Principle: S.A. Movement: NONE
Slot Route: OK 14 Twin Route: OK 14 Adj. Vs. Cov: FADE B & R!

C.P.s:
1. Very little time for moves. Get to B.P. 12 yds. deep & comeback!
2. Exception to Burst rule - Quick 4 = fade.
3.
4.
5.
6.

Y or Slot (Middle Receiver)
Location: POC Route: OK 14 Release: OUTSIDE Adj. Vs. Cleo: NONE
Change Up Routes: NONE Dog Principle: HOT Blitz Principle: S.A.
TE at Q Route: OK 4 Adjs. Vs. Cov: NONE Movement: TOM

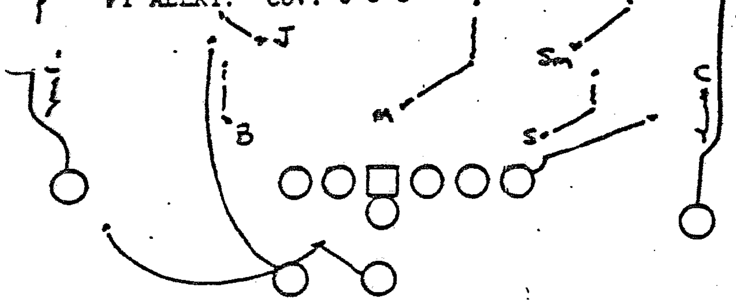
C.P.s:
1. Exception to West blocking rule. No S.P.U. Hot Receiver!
2. Release outside and quickly look for the ball over outside shoulder!
3. Sam up - cross in front of his face - Stretch the zone!
4. Cleo, look for the ball in the crease! Not receiver, occupy corner!
5. DE on you - Exception - release anyway treating him as a Stub dog!
6. Stub dogs - look right now!

Z (Strongside Outside)
Location: BASIC Route: OK 4 Release: VARY Adj. Vs. Cleo: FADE
Change Up Routes: 9 Blitz Principle: S.A. Movement: ZIN/ZOOM
Slot Route: OK 14 Twin Route: Q 14 Adj. Vs. Cov: FADE VS. B & R

C.P.s:
1. Very little time for moves. Get to B.P. 12 yds. deep and come back!
2. Exception to Burst rule - Quick 4 = fade!
3. Cleo - bump corner as you fade!
4. Sam up - be alert for quick 4 throw!
5. Always be aware of Sam when running the Quick 4!
6.

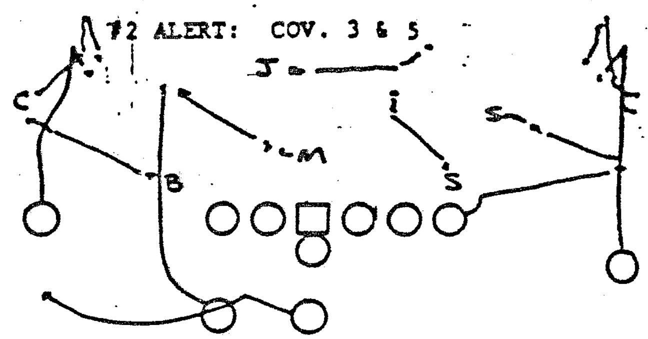
QUARTERBACK ALERTS

#1 ALERT: COV. 8 & 2



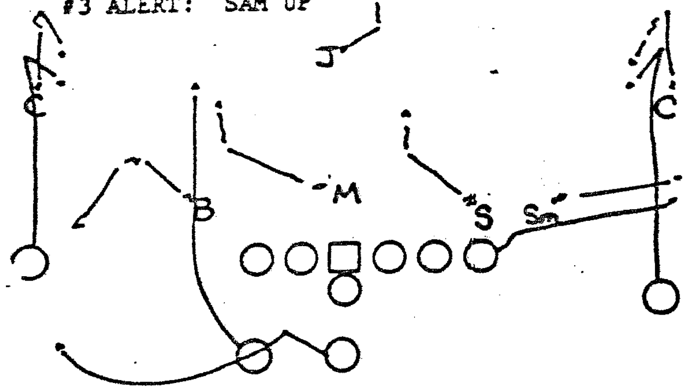
1. Get the ball to Z on Fade!
2. Use a 3 & 2 drop!
3.
4.

#2 ALERT: COV. 3 & 5



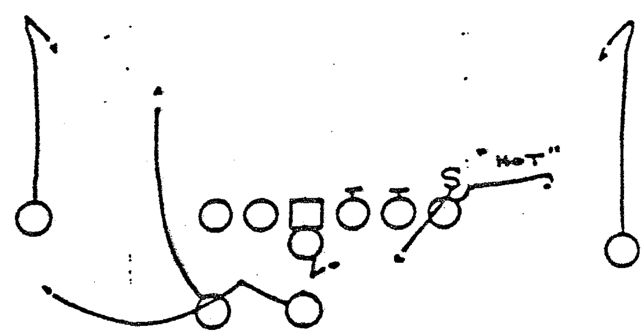
1. Obvious Cov. 3 or 5, think X to FB.
2.
3.
4.

#3 ALERT: SAM UP



1. Think Z Quick 4!
2. Y will scrape across Sam's face!
3.
4.

#4 ALERT: STUB DOG/DE ON Y!



1. Y's Hot vs. Stub Dog!
2. 77/90 def. DE on Y - Y's hot!
3.
4.

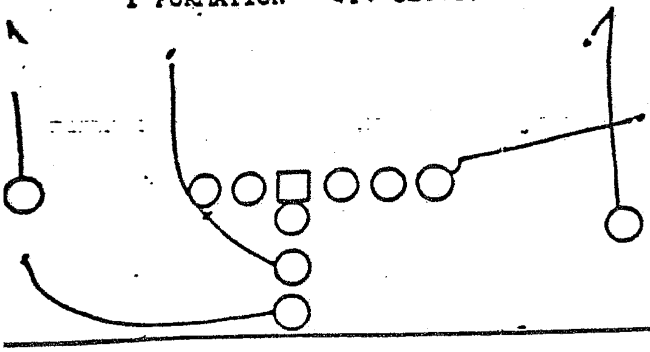
Pattern Best Vs. Cover: 1 - 6 - 4 - 9 - 2 - 3 - 5 - 7 - 8 (Ranked in Order)

General Comments: You are really thinking about attacking strongside Y to Z! Only an obvious alert would bring you weak! Your thought is "I'm going to Y" unless Stub runs with him, or Sam's up! Ace formation can be used and read weak with the same thoughts, only substituting the HB & X for Y & Z!

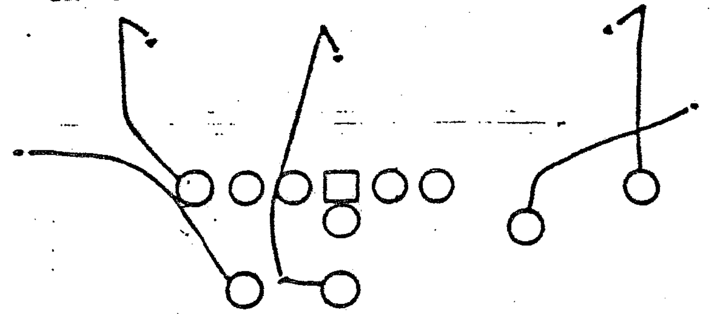
QB Notes:

FORMATION VARIATIONS FOR PATTERN: WEST QUICK - 414 CLOSE/WIDE

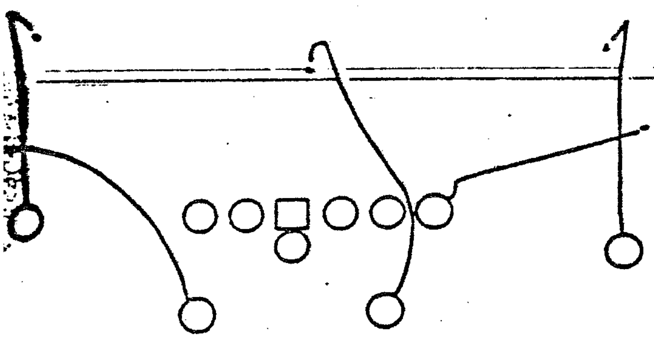
I FORMATION - 414 CLOSE/WIDE



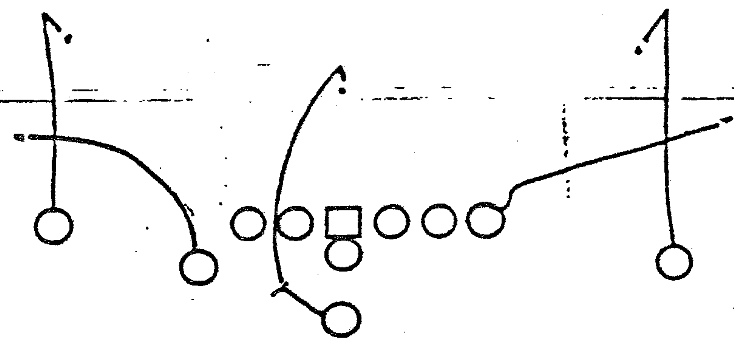
BROWN SLOT - 414 FLAT/HASH



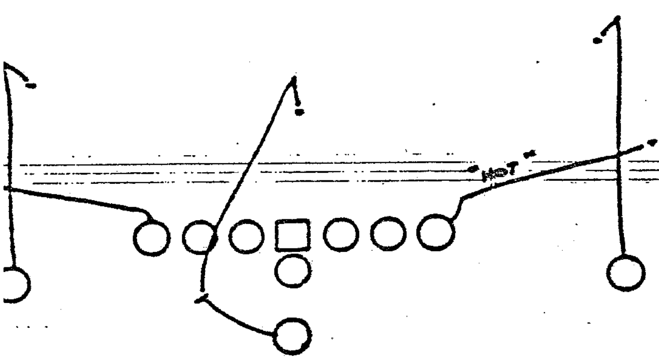
RED - 414 FLAT/HASH



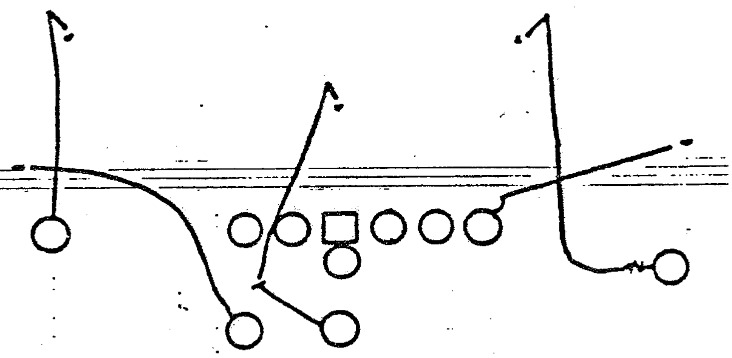
ACE - 414 FLAT/HASH

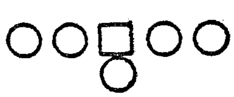


DOUBLE - WEST QK - DBLE 14 HASH

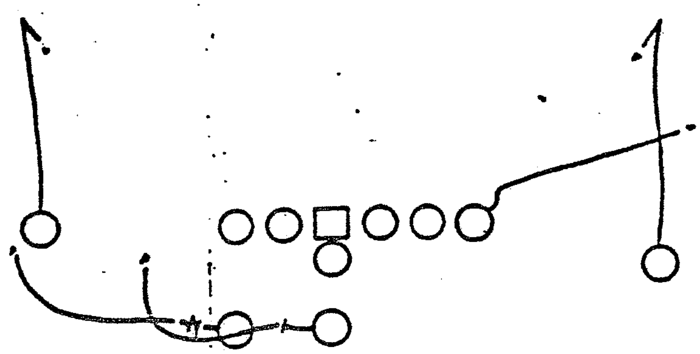


ZIN - 414 -FLAT/HASH





WEST - FIRM 414 HIDE



FIRM SERIES

THE <u>FIRM</u> SERIES IS OUR MEDIUM RANGE TIMED PASSING GAME WITH ALL 5 RECEIVERS OUT. THE FIRM CALL TELLS THE LINE TO BLOCK BASE AND SET <u>FIRM</u> FOR A QB TAKING A <u>5</u> STEP OR A 5 & 2 STEP. ALL QB READS ARE INITIALLY BEST LOCATED SAFETY READS, THEN MOVE TO THE SPECIFIC PATTERN BEING RUN!

THE HB HAS S.P.U. ON BUCK WHILE THE FB HAS S.P.U. ON STUB. IF PROTECTING A 30 OR 50 DEFENSE THE FB WILL D.P.U. MAC/STUB, ALLOWING HIM TO RELEASE UNLESS BOTH MAC & STUB DOG! THE STRONG GUARD IS ALSO IN D.P.U. ON MAC/STUB. WIDE RECEIVER BREAKING POINTS ARE 15 YARDS DEEP WITH AN EMPHASIS UPON VERTICAL PUSH AND COMING BACK TO THE QB! THEY SIGHT ADJUST SAFETY BLITZES!

FIRM TECHNIQUES CAN BE COMBINED WITH OTHER PASS SERIES. EXAMPLE: WEST - FIRM - 414 FAN/CHECK! WEAK FLOOD WITH FIRM PASS SETS - DROP & ROUTES! EAST & NORTH CAN ALSO BE USED TO KEEP THE HB OR FB IN, (EAST FIRM - NORTH FIRM), OR A SOLID CALL CAN BE MADE IN PLACE OF ONE OR BOTH RB FLARE CALLS! (FIRM - 414 FAN/<u>SOLID</u>!)

FIRM ABLES ARE:

ABLE 93 = FIRM - 343 BACKS HOOK

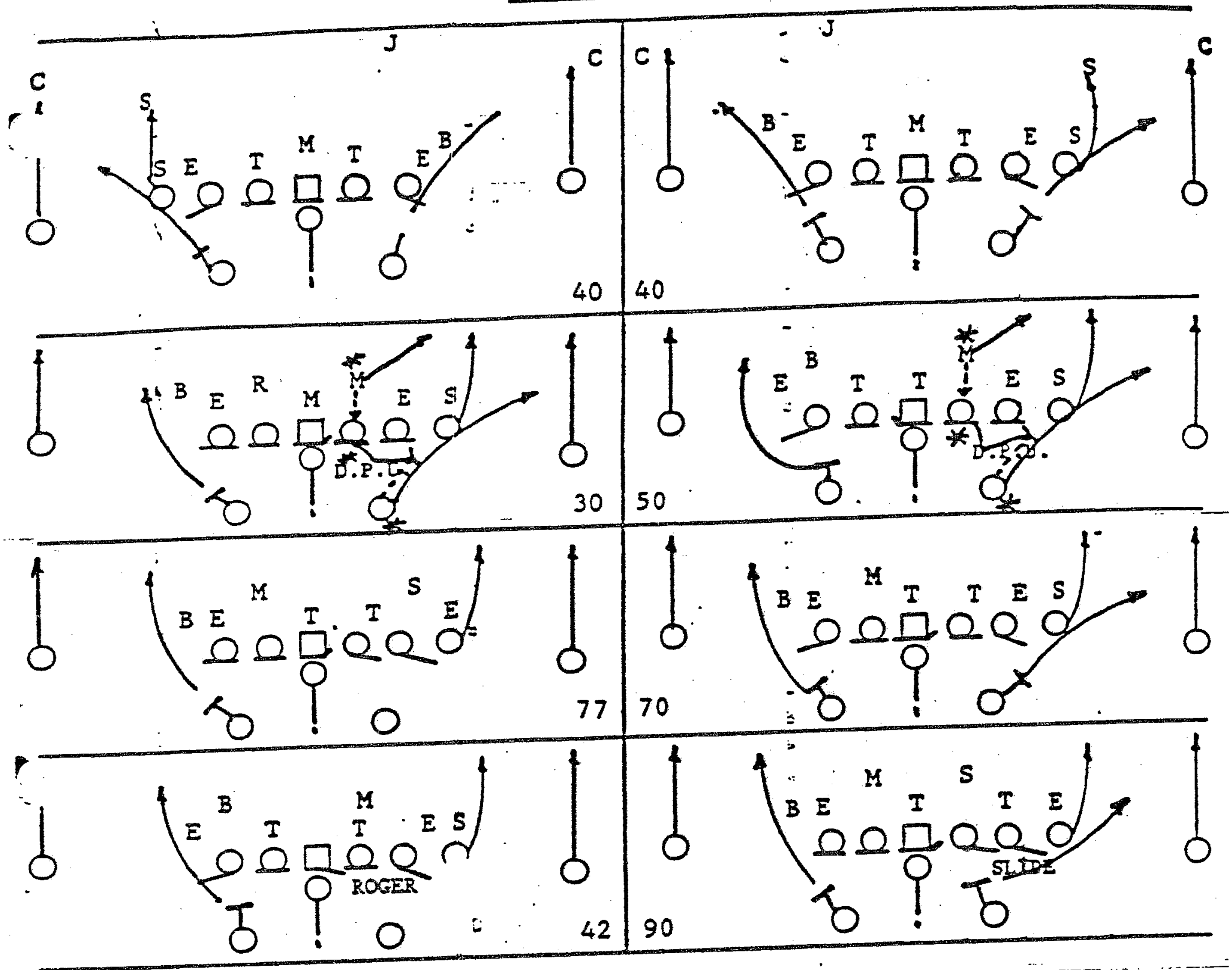
ABLE 94 = FIRM - 444 BACKS FAN (CAN ALSO BE FLARE - G.P.)

ABLE 99 = FIRM - 999 BACKS FAN

COACHING POINTS FIRM PROTECTION

FORMATIONS:	ALL — SPLITS: SMART; DEPTH: ON
TIGHT END	1. Run pattern called. 2. If weakside in a 1 back formation - assume HB S.P.U. on Buck then releas and run route called if Buck drops. (Ace Slot & "D" formations). 3. S.A. Blitzes!
ONSIDE TACKLE (TE SIDE)	1. Base 2 man - Firm set. 2. Alert - 77 - 3 man - 90 - slide call - 3 man. 3. Alert - vs. - 30 - 50 - Man on Man vs. DE- unless Mac Tough - "ZORO" 4. Zone all stunts unless bubble yourside.
ONSIDE GUARD	1. Base 1 man - Firm set. 2. Alert - 30 - 50 - Dual pick up - Mac to Stub - unless Mac Tough - "ZORO" 3. Alert - 90 - slide call - 2 man. 4. Zone all stunts unless bubble yourside. 5. Solid flare called for FB. No D.P.U. necessary!
CENTER	1. Base 0 man - Firm set. 2. Uncovered - check your backer - help. 3. Alert - vs. 30 - 50 - No help strongside. 4. Zone all stunts.
OFFSIDE GUARD	1. Base 1 man - Firm set. 2. Uncovered - check your backer - cut nose. 3. Zone all stunts.
OFFSIDE TACKLE (OPEN SIDE)	1. Base 1 man - Firm set. 2. Alert - 50 - 42 - Base DE - 3 man. 3. Zone all stunts.
QUARTER BACK	1. Take a 5 - 5 & 2 step drop. 2. Read B.L.S. or as pattern dictates! 3. Breaking points for WRs are 15 yards! 4. Firm routes are 3 - 4 - 6 - 7 - 9 5. S.A. Safety Blitzes 6. Alert for R&B assignments by Y!
WEAK BACK	1. Swing pick up on Buck on the move. 2. No dog - run flare control called. 3. Solid call - P.U. Buck then help assigned area!
STRONG BACK	1. Swing pick up - Mac to Stub - Mac dogs - guard will pick up - Check Stub 2. No Dog - run flare control called. Solid call - P.U. & Stay! 3. Dual pick up - only applies to the 30 and 50 defenses.
SPLIT - X	1. Run pattern called. 3. Breaking points are 15 yds.! 2. S.A. Safety Blitzes
FLANKER - Z	1. Run pattern called. 3. Breaking points are 15 yds.! 2. S.A. Safety Blitzes
OFFSIDE TIGHT END	1. Run Pattern called.

FIRM PROTECTION



BLOCKING RULES

TIGHT END: Run Pattern Called!

ONSIDE TAC: Base 2 Man

-30 or 50 defense - D.P.U. - Mac to Stub.
Offensive line - Big men and Middle LB'er.
Zone all stunts vs. all defenses.

ONSIDE GRD: Base 1 Man

CENTER: Base 0 Man

OFFSIDE GRD: Base 1 Man

OFFSIDE TAC: Base 2 Man

QUARTERBACK: 5 or 5 & 2 STEP DROP - Read B.L.S.!

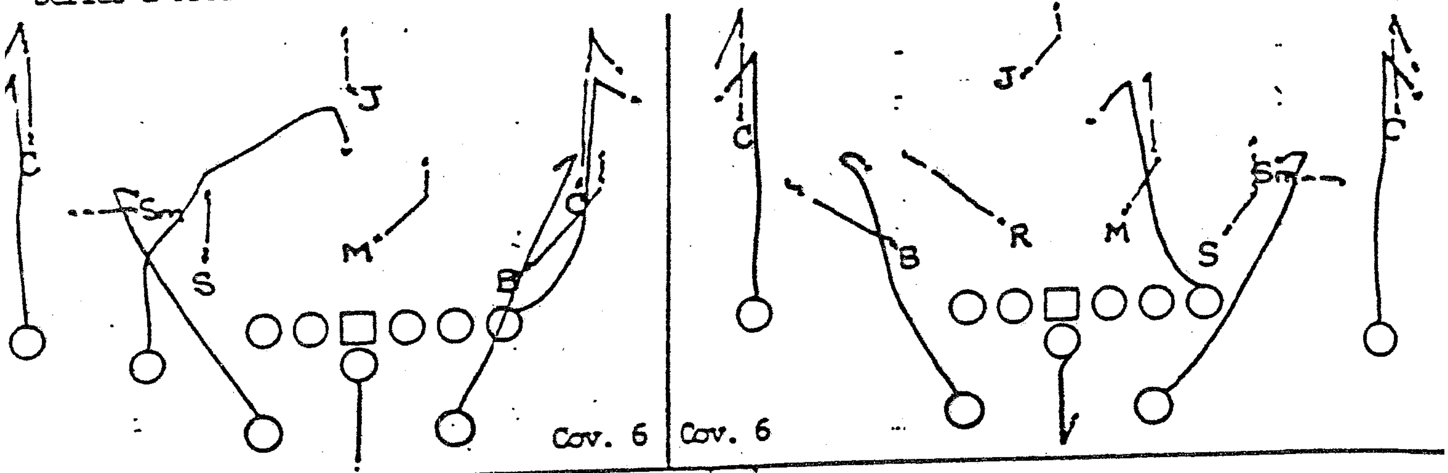
WEAK BACK: S.P.U. on Buck on the move - No Dog - Run flare control called.

STRONG BACK: D.P.U. - Mac to Stub - No Dog - Run flare control called.

Pattern called

Pattern called

Series & Protection: FIRM Pattern: 343 (ABLE 93) Flare: BACKS / HOOK



Quarterback

P.S.L.: SAFETIES Read: B.L.S. TO BUZZ SYSTEM Drop: 5 & 2

Pattern Progression Wk: X to HB to Y Progression Stg: Z to FB to Y

Blitz/Dog Principle: RECs - S.A. SAFETY BLITZ!

Rec. Adjs. Vs. Cleo = X/Q: FADE Y/Slot: NONE Z: FADE HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: R & B!

Rec. Adjs. Vs. Coverage: WRs FADE B & R! Y R & B COV. 3 & 5!

Formation Variations: 1. BROWN 2. SLOT/TWIN 3. SLOT/TWIN - SPLIT 4. ACE SLOT (HOW & HIP) 5. BLUE 6. "D" FORMATIONS 7. 8.

Series Variations: 1. EAST 2. NORTH 3. WEST

Rec Variations: X/Q: 9 / 8 / Y/S: 9 / / Z: 9 / 8 /

RB Flare Variations: HOOK/HASH: FLASH/HOOK: FLASH/HASH: FLY/HASH
WEST = HOOK/CHECK - HOOK/HASH - HOOK/WIDE

Use of Movement: ZOOM/HIP/TIM/TOM

QB Coaching Points

1. Stride for 5 steps and settle in 2 steps! Receivers B.P.s are 15 yds!
2. Confirm B.L.S. on 1st step.
3. If B.L.S. remains as such, zero in on Buzz system!
4. Once direction is determined, stick with pattern progression!
5. If Cov. 2 or 8 shows, check Y on R & B!
6. If Cov. 3 or 5 shows, Y will B & G on Jack! G.P. will dictate intentions!
7. Direction determined, really be alert for the buzz of the outside LB'er or Sam!
8. A specific P.S.L. can move Y or Slot to #1 in progression determined by G.P.
9. Take a little off the ball when OFF SET throwing!
10. This pattern utilizes the field distribution balance concept!
11. To change Y and the FB number and hash areas, call the FB on a Hash - Y will adjust!
12. To change Q and the HB wide and number areas, call the HB on a Flash - Q will adjust!
13. Read West weakside and progress accordingly!
14. No B.L.S. G.P. will dictate direction!

RUNNINGBACK/RECEIVER COACHING POINTS

eries & Protection: FIRM   Pattern: 343   Flares: BACKS / HOOK

alfback (Weakside)
Protection: S.P.U. BUCK   Route: #HOOK   Adj. Vs. Cov: NONE
Variation Routes: FLASH - FLY   Dog Principle: NONE
Movement: HIP

C.P.s:
1. Buck dogs, take up the slack!
2. Buck drops, get to the number area 8 yds. deep and hook up!
3. OK to stop opposite LB'er - just don't drift! Stay in your area!
4. Flash called, stretch number area as fast as you can and stop up wide!
5. You are involved in a balance distribution pattern.

llback (Strongside)
Protection: D.P.U. STUB   Route: # HOOK   Adj. Vs. Cov. NONE
Variation Routes: HASH   Dog Principle: NONE
Release: OUTSIDE   Movement: NONE

C.P.s:
1. D.P.U. Stub - Mac & Stub dog - Take up the slack on stub!
2. If no S.P.U., get to the number area 8 yds. deep and hook up!
3. Your course to hook area may vary - just get there in a hurry.
4. OK to stop opposite coverage, just don't drift - Stay in your area!
5. Hash called, release inside and get into hash area 8 yds. deep.
6. When switching areas with Y or slot, get to area any way possible.

or Q (Weakside Receiver)
Location: BASIC   Route: FIRM #3   Release: VARY   Adj. Vs. Cleo: FADE
Change Up Routes: #9 or 8   Blitz Principle: S.A.   Movement: NONE
Slot Route: 43   Twin Route: 43   Adj. Vs. Cov: FADE VS. B & R

C.P.s:
1. This is a balanced distribution receiver pattern - X attacks the wide area!
2. Push to 15 yds. deep and bring it back to at least 12 yds.!
3. Q position opposite slot, listen for HBs flare call!
4. Hook call - run 3 route in wide area!
5. Flash call - run 3 route in the number area!
6. Fly call - run tight number area 3 route!
7. Door shut outside, came back inside!

or Slot (Middle Receiver)
Location: POC   Route: FIRM   Release: LOCATION   Adj. Vs. Cleo: NONE
Change Up Routes: #9   Dog Principle: NONE   Blitz Principle: S.A.
TE at Q Route: 3   Adjs. Vs. Cov: R & B 2-8 & 3!   Movement: TOM/TIM

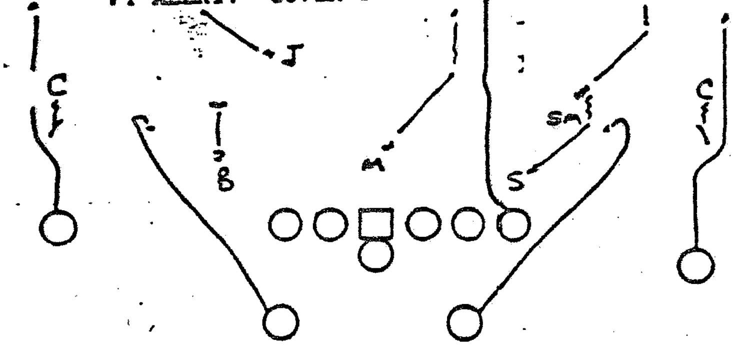
C.P.s:
1. Set wide field, release outside! Set short field, release inside!
2. Approach the hash area from outside in!
3. Change area to run 43 combo ., in relation to the FBs flare!
4. Hook call - Hash area 43! Hash call - Number area 43!
5. Slotted, all principles apply - not a disciplined 4 route!
6. If Cov. 3 or 5 bend in at Jack then go! Freeze him first!

(Strongside Outside)
Location: BASIC   Route: FIRM 43   Release: VARY   Adj. Vs. Cleo: FADE
Change Up Routes: #9 or 8   Blitz Principle: S.A.   Movement: ZOOM/ZIN
Slot Route: #43   Twin Route: 43   Adj. Vs. Cov: FADE VS. B & R

C.P.s:
1. This is a balanced distribution receiver pattern - Z attacks the wide area!
2. Push to 15 yds. deep and bring it back to at least 12 yds.!
3. Z does not have any variables except a fade principle! Cleo or B & R!
4. Door shut outside by the corner, come back inside. Don't drift!
5.
6

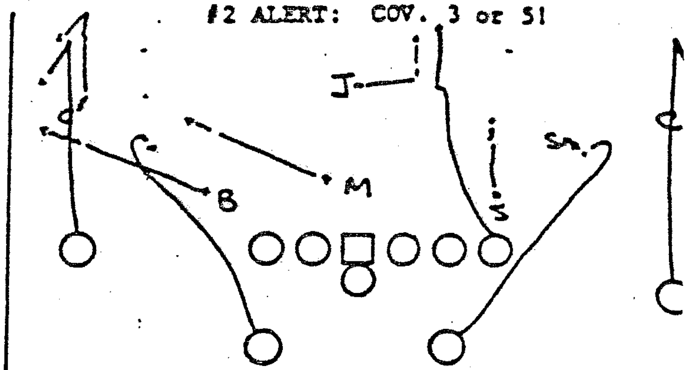
QUARTERBACK ALERTS

#1 ALERT: COVER 2 & 8!



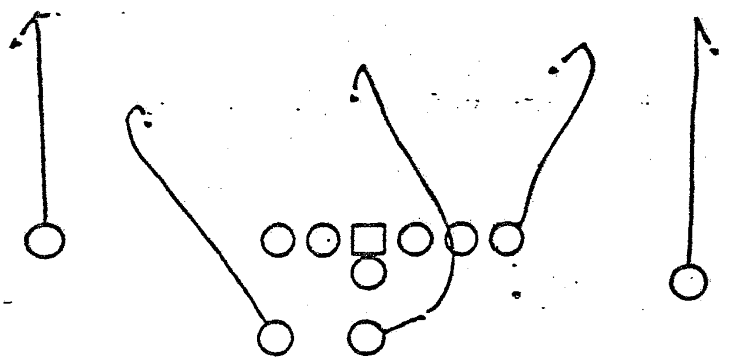
1. WRs will fade.
2. Y will R & B.
3. Going to Y on R & B - 1 go in 5 steps.
4. Going to fade - let go in 5 steps.

#2 ALERT: COV. 3 or 5!



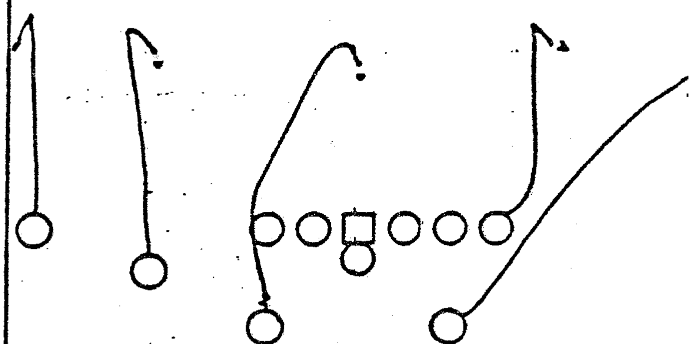
1. Weak read - Jack flat strong! Y R & B!
2. Alert for Buck's buzz when going to X!
3.
4.

#3 ALERT: HASH CALL STRONGSIDE



1. Brown Hook/Hash Call. Y & FB switch!
2. Read the same - different rec's in areas!
3.
4.

#4 ALERT: SLOT WITH FLASH/HASH



1. Slot W/Flash/Hash - Switches Q & HB.
2. Slot W/Flash/Hash - Switches FB & Slot!
3.
4.

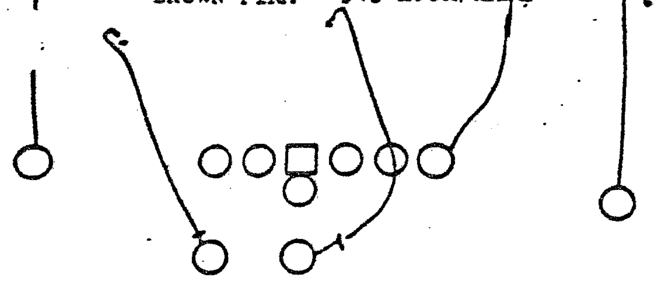
Pattern Best Vs. Cover: Zones Cov. 6 or 4 - 1 - 9 - 3 - 5 - 7 - 2 & 8! (Ranked in Order)

General Comments: The key is the fact that the pattern has 5 receivers distributed across the field completely stretching the defense horizontally! Once the direction is determined, now work from the outside in attacking the defense. Receivers in the hash to number areas are easily changed up by utilizing a different flare by a RB. You are actually attacking the underneath coverage.

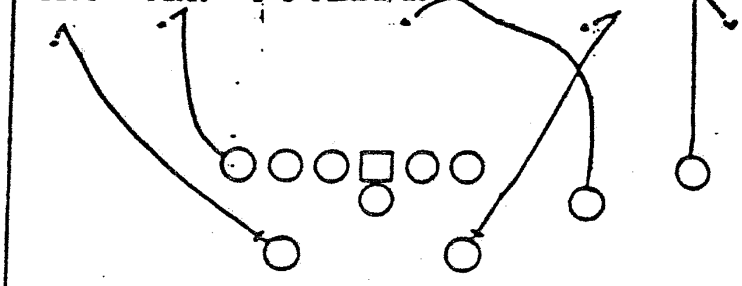
QB Notes:

FORMATION VARIATIONS FOR PATTERN: FIRM 343 BACKS HOOK

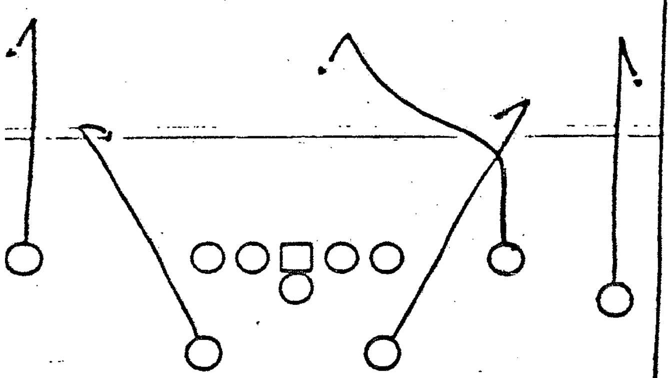
BROWN FIRM - 343 HOOK/HASH



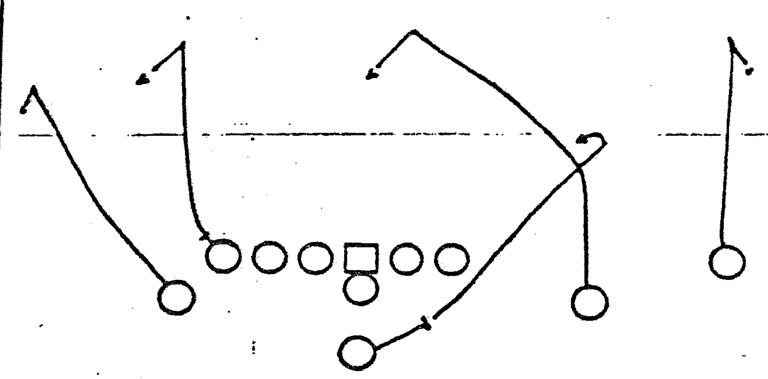
SLOT - FIRM - 343 FLASH/HOOK



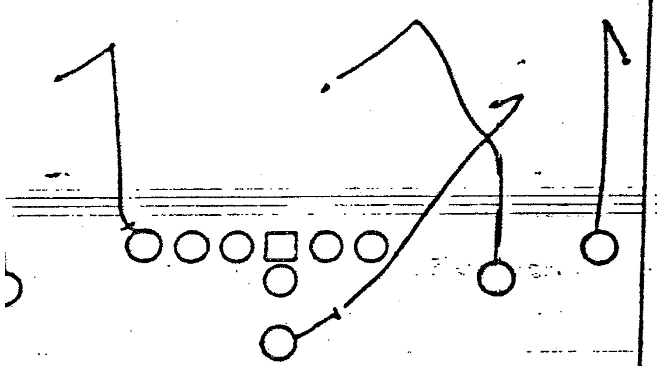
TWIN SPLIT - FIRM 343 BACKS HOOK



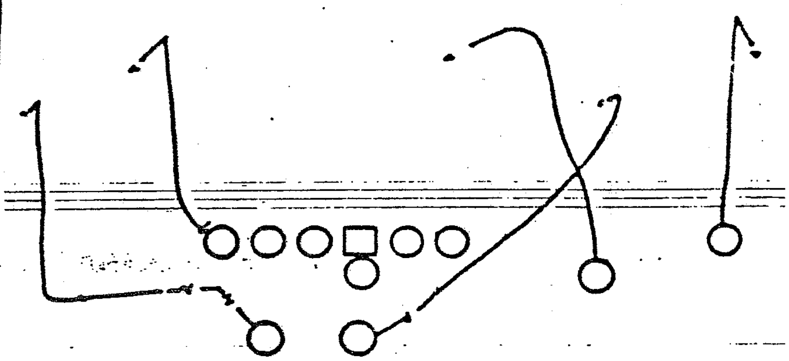
ACE SLOT - FIRM - 343 FLASH/HOOK



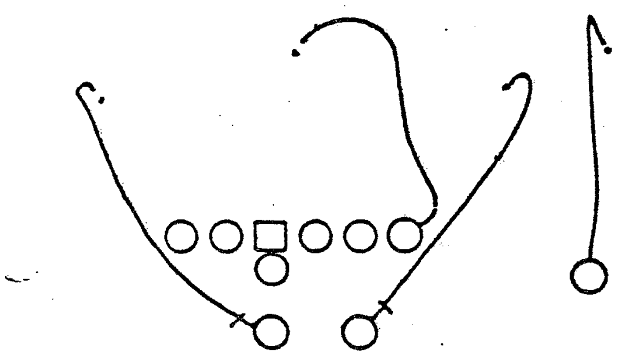
ACE SLOT HOW - FIRM 343 FLASH/HOOK



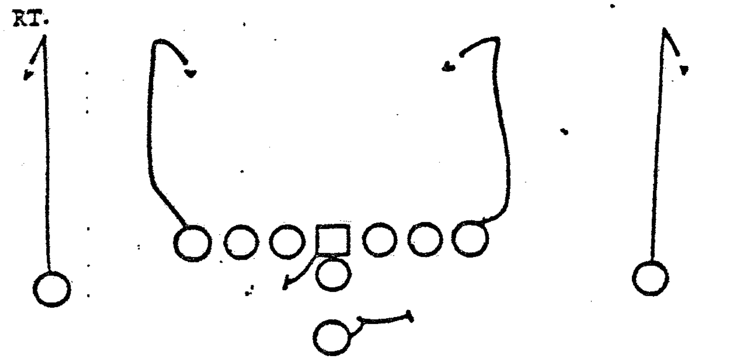
ACE SLOT HIP - FIRM 343 FLASH/HASH



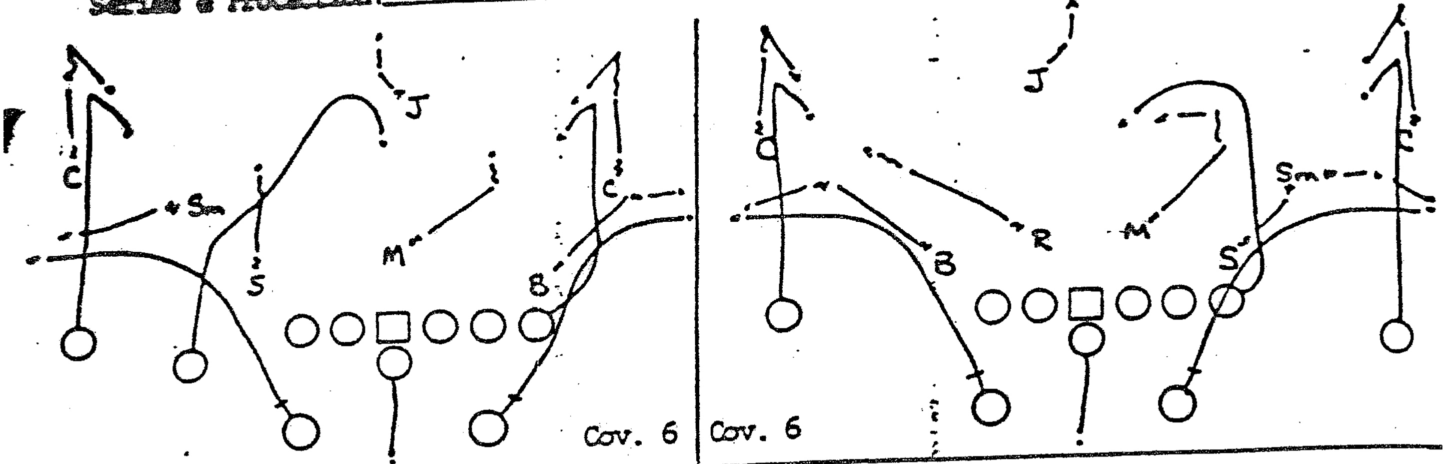
BLUE FIRM - 343 BACKS HOOK



DOUBLE-BUCK - DBLE 43 RT.



Series & Protection: FIRM Pattern: 444 (ABLE 94) Flare: BACKS / FAN



Quarterback

P.S.L.: SAFETIES Read: B.L.S. TO BUZZ SYSTEM Drop: 5 & 2

Pattern Progression Wk: X to HB to Y Progression Stg: Z to FB to Y

Blitz/Dog Principle: RECEIVERS - S.A. SAFETY BLITZ!

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: BURST HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: R & B

Rec. Adjs. Vs. Coverage: Y-R & B COV. 3 & 5!

Formation Variations: 1. BROWN 2. SLOT/TWIN
3. SLOT/TWIN SPLIT 4. ACE SLOT (HOW & HIP) 5. BLUE
6. "D" FORMATIONS 7. 8.

Series Variations: 1. WEST 2. EAST 3. NORTH

Rec Variations: X/Q: 9 / 8 / Y/S: 9 / / Z: 9 / 8 /

RB Flare Variations: FLASH/FAN = FLASH/HASH - FLY/HASH or FAN - HOOK/FAN or HASH
FAN/DRAW - DRAW/FAN - FAN/HASH - WEST = FAN/STOP or STOP/WIDE

Use of Movement: ZOOM/HIP/TIM

QB Coaching Points

1. Stride for 5 steps and settle in 2 steps! Receivers B.P.s are 15 yds.!
2. Confirm B.L.S. on 1st step!
3. If B.L.S. remains as such, zero in on Buzz system!
4. Once direction is determined, stick with pattern progression!
5. If Cov. 2 or 8 shows, check Y on R & B!
6. If Cov. 3 or 5 shows, Y will Bend & go on Jack! G.P. will dictate intentions!
7. Direction determined, really be alert for the buzz of the 2nd defender inside!
8. A specific P.S.L. can move Y or Slot to #1 in progression determined by G.P.!
9. Take a little off the bal. when OFF SET throwing!
10. This pattern does not utilize field distribution balance to the degree 343 does!
11. To change Y & the FB number & hash areas, call the FB on a Hash - Y will adjust!
12. To change Q & the HB wide & number areas, call the HB on a Hook - Q will adjust!
13. Read West weakside and progress accordingly!
14. No best located safety, G.P. will dictate direction!

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: FIRM Pattern: 444 Flares: BACKS FAN

Halfback (Weakside)

Protection: S.P.U. BUCK Route: FAN Adj. Vs. Cov: NONE
Variation Routes: FLASH/FLY/HOOK/STOP Dog Principle: NONE
Movement: HIP

C.P.s:
1. Buck dogs - take up the slack!
2. Buck drops, push upfield and roll out 7 yds. deep & stretch the zone!
3. As you roll outside check for the ball!
4. Flash called, get to wide area and stop up 8 yds. deep!
5. You are in a balanced distribution pattern.

Fullback (Strongside)

Protection: D.P.U. STUB Route: FAN Adj. Vs. Cov. NONE
Variation Routes: HASH/STOP/WIDE Dog Principle: NONE
Release: OUTSIDE Movement: NONE

C.P.s:
1. D.P.U. Stub - Mac & Stub dog, take up the slack on Stub!
2. If no S.P.U., push upfield and roll out 7 yds. deep & stretch the zone!
3. As you roll outside, check for the ball.
4. Hash called, release inside and get into hash area 8 yds. deep.
5. Stop & wide flares are run with West action!

X or Q (Weakside Receiver)

Location: BASIC Route: FIRM #4 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: 9 or 8 Blitz Principle: S.A. Movement: NONE
Slot Route: 44 Twin Route: 44 Adj. Vs. Cov: NONE

C.P.s:
1. Get to your breaking point 15 yds. deep and come back to the ball!
2. As you come back to the QB, slide to an open throwing lane.
3. If the "door is shut" inside by the corner, come back outside.
4. You are not as concerned about the field balance running a 4!
5. Q position - alert for HB flare because of balance concept.
6. Flash & Fly = number area 4! Hook = wide area 4!

' or Slot (Middle Receiver)

Location: POC Route: FIRM 44 Release: LOCATION Adj. Vs. Cleo: NONE
Change Up Routes: 9 Dog Principle: NONE Blitz Principle: S.A.
TE at Q Route: 4 Adjs. Vs. Cov: R & B 2 - 8 & 3 Movement: TOM/TIM

C.P.s:
1. Set wide field, release outside. Set short field, release inside!
2. Approach the hash area from the outside in! Strive to get 15 yds.!
3. Change area to run 44 combo in, in relation to the FB's flare.
4. Hash Call - number area 4!
5. Slotted, all principles apply! Not a disciplined 4 route!
6. If Cov. 3 or 5, bend in at Jack, then go! Freeze him first!

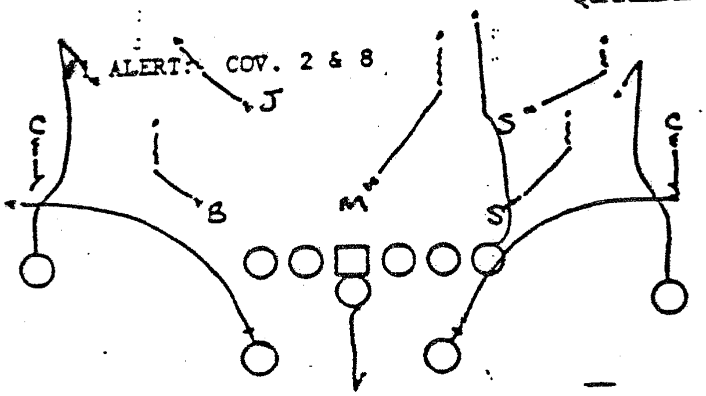
(Strongside Outside)

Location: BASIC Route: 44 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: 9 or 8 Blitz Principle: S.A. Movement: ZOOM
Slot Route: 44 Twin Route: 44. Adj. Vs. Cov: NONE

C.P.s:
1. Get to your breaking point 15 yds. deep and come back to the ball!
2. As you come back to the QB, slide to the open throwing lane.
3. If the "door is ·hut" inside by the corner come back outside! Don't drift"
4. Stay with the ' vs. all variations of coverage!
5.
6

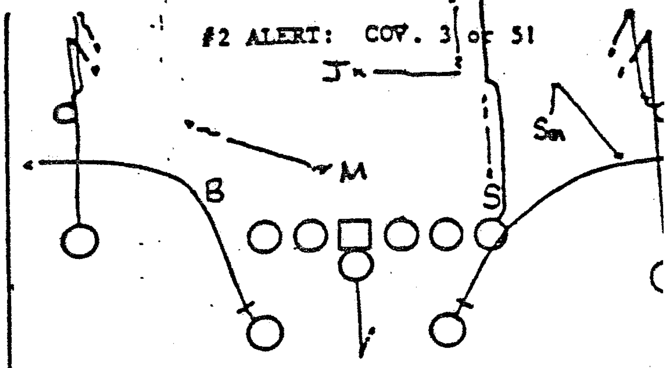
QUARTERBACK ALERTS

#1 ALERT: COV. 2 & 8

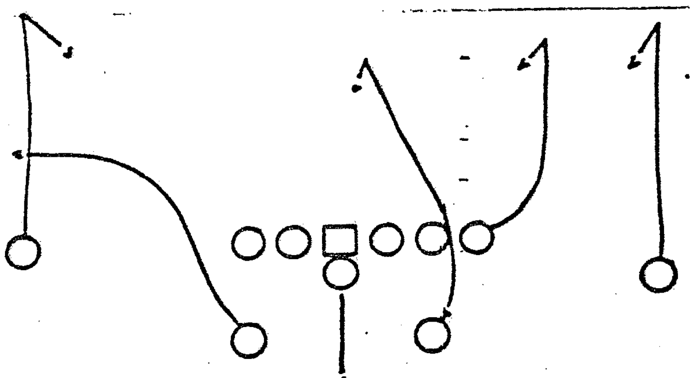


1. WRs burst! R & B area tighter!
2. Y will R & B - Aware of safeties!
3. Going to Y on R & B - let go in 5 steps.
4. Going to WR burst 4 - drop 5 & 2.

#2 ALERT: COV. 3 or 31

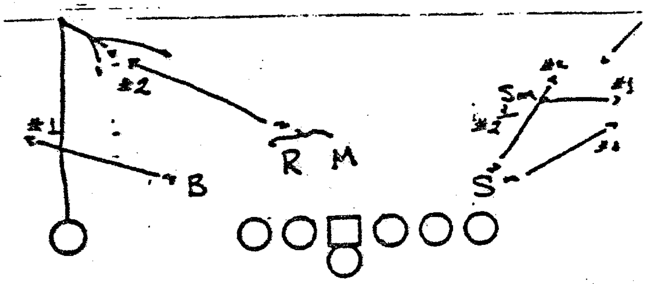


1. Weak read - Jack flat strong! Y R & B
2. Alert for Mac or Rover buzz going to X
3.
4.



1. FAN/HASH call - Y & FB Switch!
2.
3.
4.

#4 ALERT - 2ND MAN TO INSIDE WR!



1. Be careful of 2nd underneath!
2. WR will handle 1st man!
3.
4.

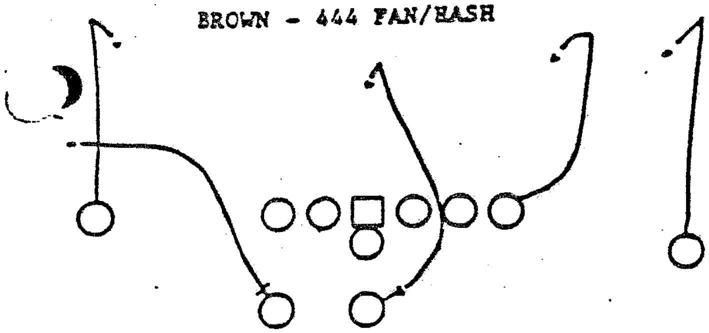
Pattern Best Vs. Cover: ZONE COV. 6 or 4 - 1 - 9 - 3 - 5 - 7 - 2 & 8! (Ranked in Order

General Comments: This is not as well defined a balance distribution pattern because X & Z are really thinking breaking points #1! Y always thinks in terms of areas but WR's think in terms of breaking points to throwing lanes. The RBs end up in the wide areas running fan flares but X & Z may not end up in the number areas!

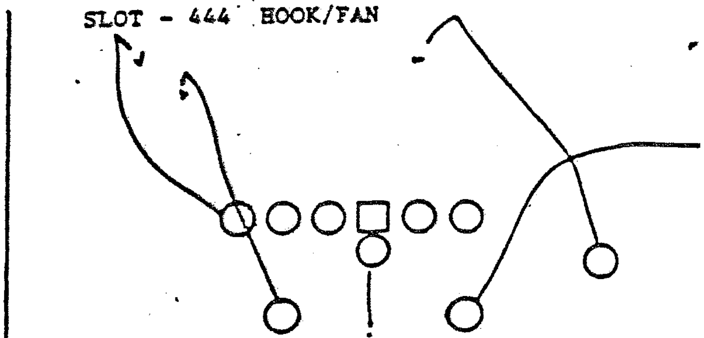
QB Notes:

FORMATION VARIATIONS FOR PATTERN: FIRM 444 BACKS/FAN

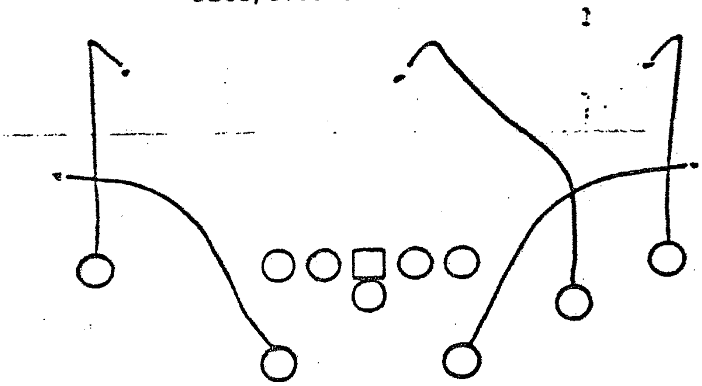
BROWN - 444 FAN/HASH



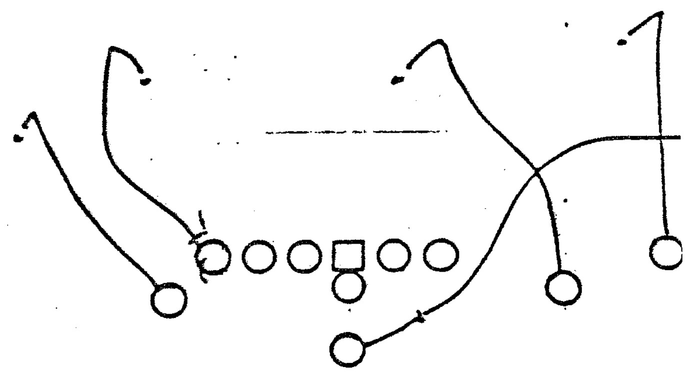
SLOT - 444 HOOK/FAN



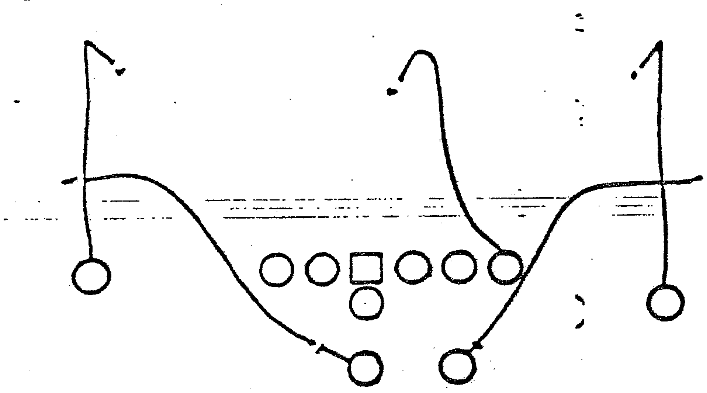
SLOT/TWIN SPLIT - 444 BKS. FAN



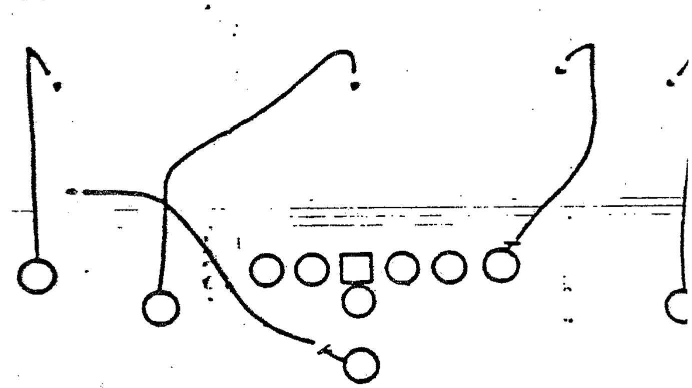
ACE SLOT - FIRM 444 FLASH/FAN



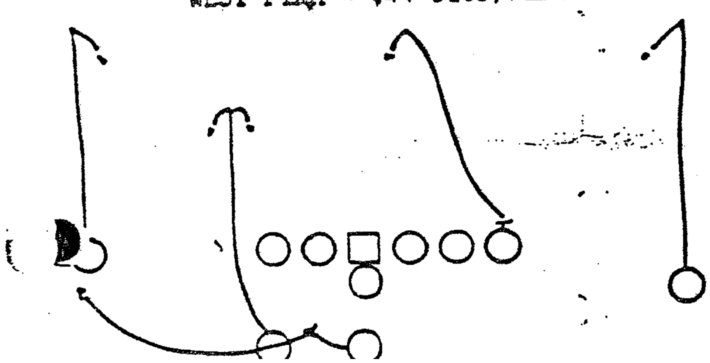
BLUE - 444 BACKS FAN



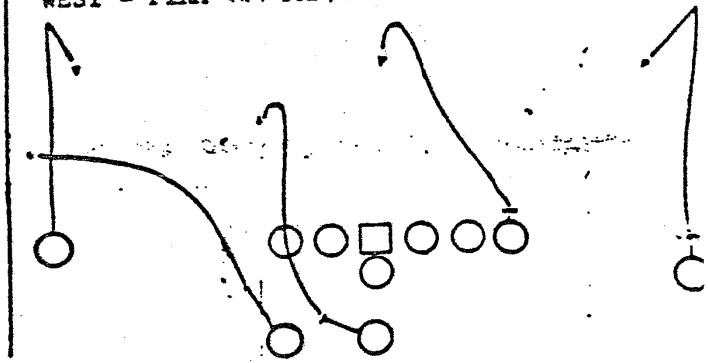
DUCE - FIRM - DBLE 44 - FAN



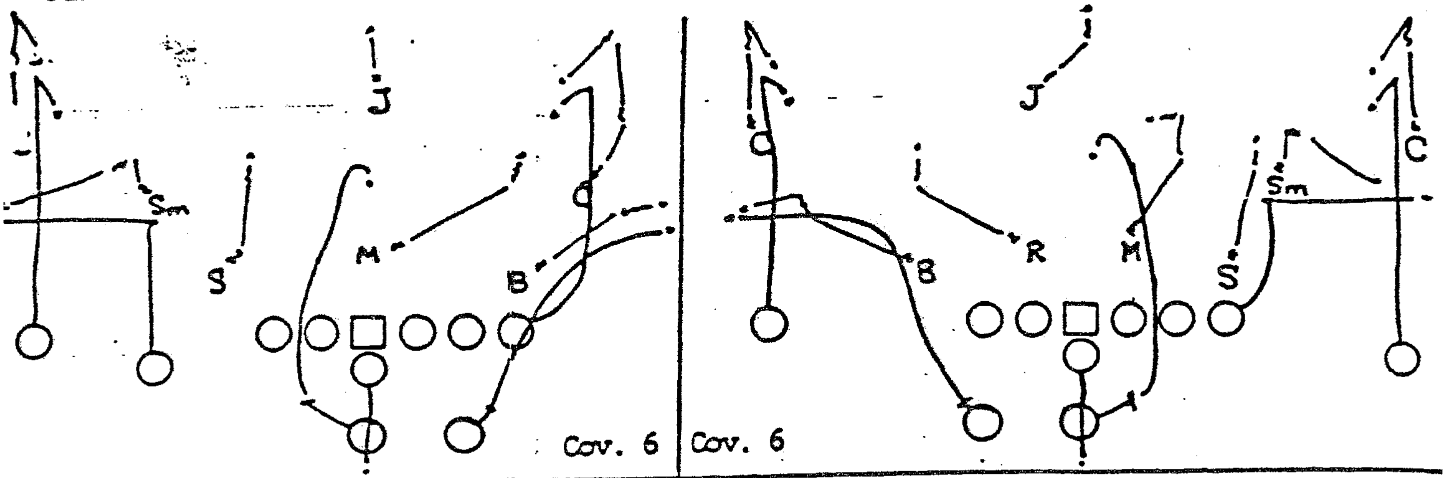
WEST FIRM - 444 STOP/WIDE



WEST - FIRM 444 FAN/STOP



Series & Protection: FIRM Pattern: 414 Flare: FAN / HASH



Quarterback

P.S.L.: STUB & SAM Read: B.L.S. - STUB & SAM Drop: 3 & 2

~~Pattern Progression Wk: X to HB~~ ~~Progression Stg: Y to Z to FB~~

Blitz/Dog Principle: RECEIVERS S.A. SAFETY BLITZES!

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: BURST HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: NONE!

Formation Variations: 1. I 2. SLOT
3. RED 4. ACE 5. ACE SLOT
6. "D" FORMATIONS 7. 8.

Series Variations: 1. NORTH 2. WEST-FIRM 3.

Rec Variations: X/Q: 9 / / Y/S: GO / / Z: 9 / /

RB Flare Variations: FLASH/HASH - WEST = CLOSE/WIDE - HIDE ACE = OUT/HASH

Use of Movement: HIM/HIP

QB Coaching Points

1. Concentrate on Stub and Sams location and reaction!
2. Stub head up, Sam outside, read Sams reaction to Y - get Y the ball in 3 & 2!
3. Stub outside, Sam inside, read Sam and get the ball to Z! Go to 5 & 2!
4. Sam Up - think Z right now. Go to a 5 & 2 drop! Y will run Qk 14!
5. P.S.L. Cov. 3 or 5, think X to HB!
6. Cover 2 or 8, stay strongside!
7. WRs breaking points are 15 yds. deep!
8. Cleo strong, try to get the ball to Y in the crease!
9. Ace formation - Use West action and use HB as you would TE - Read B.L.S.!
10. Double formation - Read B.L.S. and go accordingly!
11. Note: West Firm is same as West QK for Y - he's hot vs. stub dogs! (3 steps).
12. Ace set. HB will run Out flare!

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: FIRM Pattern: 414 - Flares: FAN / HASH

Halfback (Weakside)
Protection: S.P.U. BUCK Route: FAN Adj. Vs. Cov: NONE
Variation Routes: HIDE - CLOSE - FLASH Dog Principle: ______
Movement: HIP (HIDE)

C.P.s:
1. S.P.U. Buck - Buck dogs, take up the slack!
2. West called - N.S.P.U. Run Close or Fan!
3. Ace Set - alert for the ball quickly - QB reading B.L.S.!
4. Hide Call - alert for QB working weak!
5. Slot - alert Flash call!

Fullback (Strongside)
Protection: D.P.U. STUB Route: HASH Adj. Vs. Cov. NONE
Variation Routes: WEST = WIDE OR HIDE Dog Principle: NONE
Release: INSIDE Movement: NONE

C.P.s:
1. D.P.U. Stub. Take up slack if Mac & Stub dog!
2. West called - S.P.U. Buck. Run Wide or Hide! (Medium w/Hip).
3.
4.
5.

X or Q (Weakside Receiver)
Location: BASIC Route: FIRM 4 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: 9 or 8 Blitz Principle: S.A. Movement: NONE
Slot Route FIRM 14 Twin Route: FIRM 14 Adj. Vs. Cov: NONE

C.P.s:
1. Get to your B.P. 15 yds. deep and come back to the ball!
2. As you come back to the QB, slide to an open throwing lane!
3. If the door is shut inside by the corner, come back outside!
4. You are not as concerned about field balance when running a 4!
5. Q position- alert for HB flare because of balance concept!
6. Flash, Fly & Hide = number area 4!

Y or Slot (Middle Receiver)
Location: POC Route: 14 Release: OUTSIDE Adj. Vs. Cleo: NONE
Change Up Routes: 14 & GO! Dog Principle: HOT w/ WST! Blitz Principle: S.A.
TE at Q Route: 4 Adjs. Vs. Cov: NONE Movement: NONE

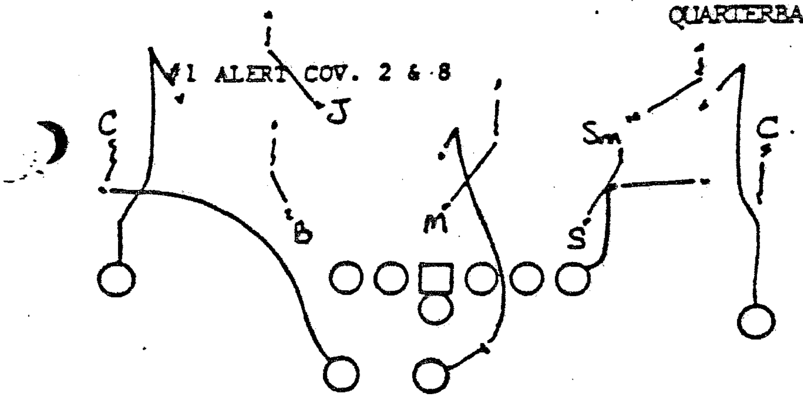
C.P.s:
1. Push off outside and upfield 6 yds. deep and break out!
2. Man coverage, beat Sam. Zone, stretch the zone horizontally!
3. Don't allow Stub to hold you up. You may have to go out then under!
4. Sam up, cross in front and stretch the zone.
5. Stub dogs with a West call, break off to a QK 14 and look for ball - Hot!
6. Cleo look for ball in crease.
7. If slotted, line up inside basic split! Alert for a GO call!

Z (Strongside Outside)
Location: BASIC Route: 14 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: 9 Blitz Principle: S.A. Movement: ZOOM/ZIN
Slot Route: FIRM 14 Twin Route: 14 Adj. Vs. Cov: NONE

C.P.s:
1. Get to your B.P. 15 yds. deep and come back to the ball!
*2. As you come back to the ball, be aware of Y or Slot stretching the zone!
3. If the door is shut inside by the corner, come back outside. Don't drift!
4. Stay with the 4 vs. all variations of coverage.
5.
6.

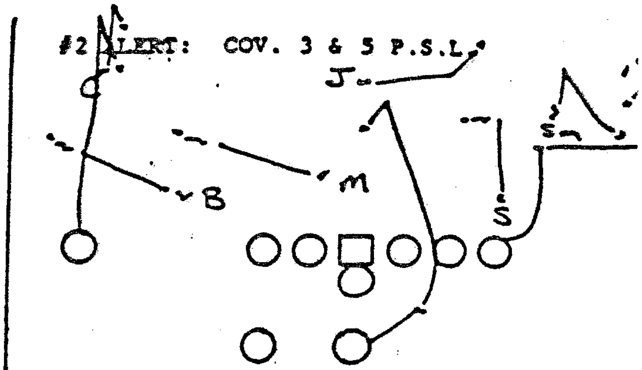
QUARTERBACK ALERTS

#1 ALERT COV. 2 & 8



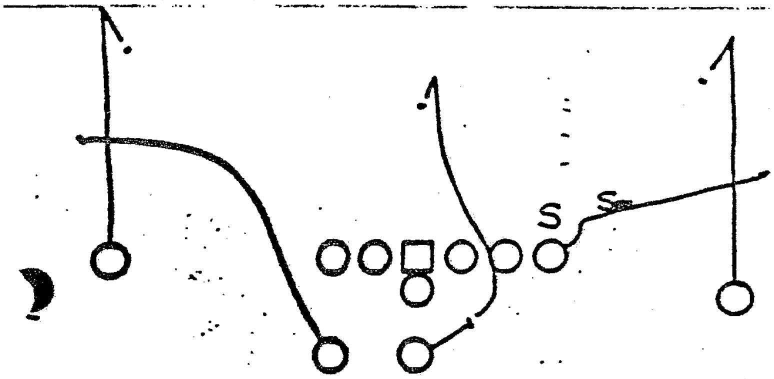
1. Get the ball in the crease to Y!
2. Y not open - think Z!
3. Same is true vs. Cov. 6 Cleo!
4.

#2 ALERT: COV. 3 & 5 P.S.L.



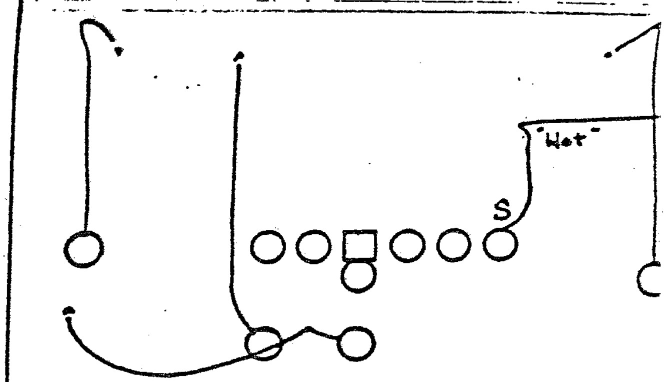
1. P.S.L. Cov. 3 & 5. Read Weak!
2. Alert for 2nd LB'er inside!
3.
4.

#3 ALERT - SAM UP



1. Sam Up - Y will run QK 14 Combo!
2. Go to Z! Alert Stub inside out.
3.
4.

#4 ALERT: WEST FIRM



1. West Firm - Y's Hot!
2. Use Close wide flare!
3. FB Lay off weakside!
4.

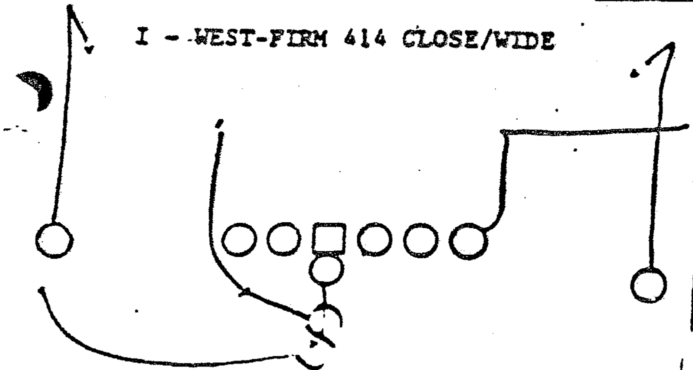
Pattern Best Vs. Cover: 6 & 4 - 9 - 7 - 1 - 3 - 5 - 2 - 8 (Ranked in Order

General Comments: This pattern ties in closely with the West QK 414. Most principles apply with the exception being WRs burst rather than fade. Also, Y is only hot when West is called!

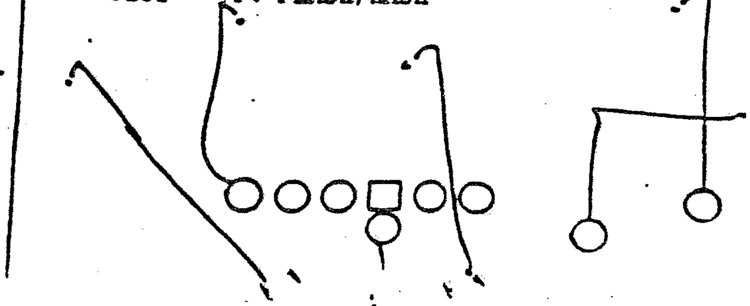
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FORMATION VARIATIONS FOR PATTERN: FIRM - 414 FAN HASH

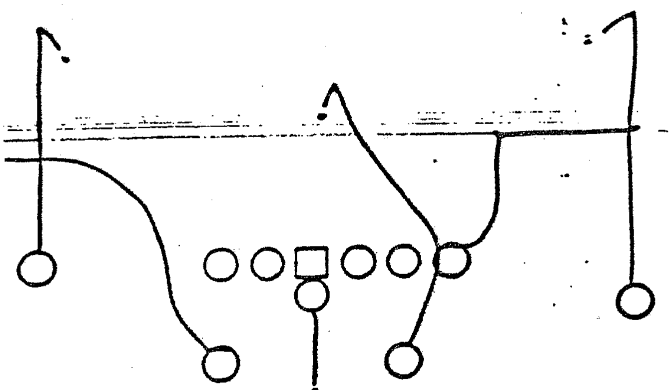
I - WEST-FIRM 414 CLOSE/WIDE



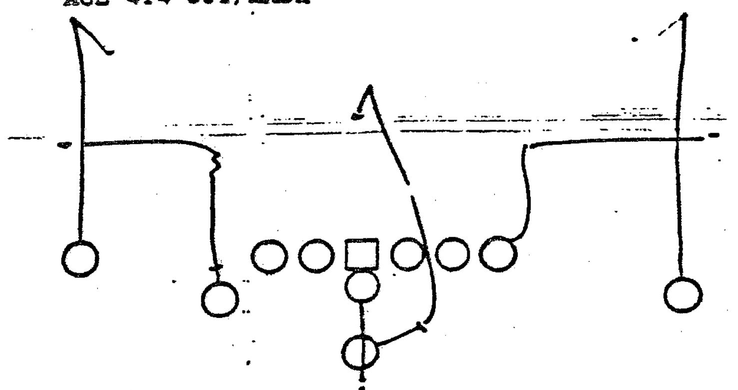
SLOT - 414 FLASH/HASH



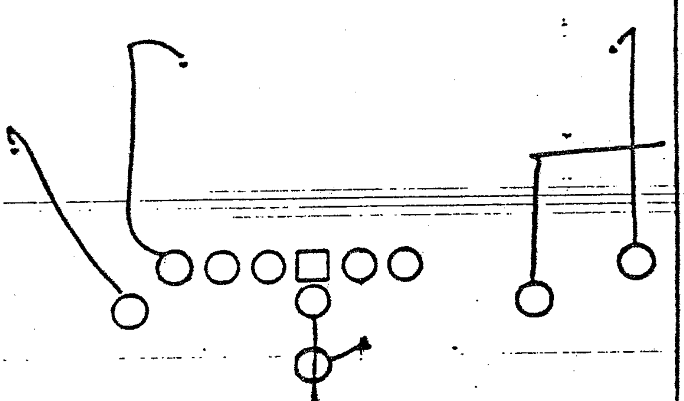
RED



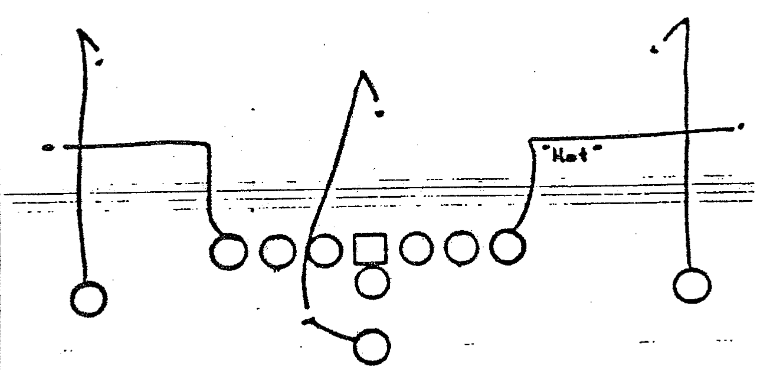
ACE 414 OUT/HASH

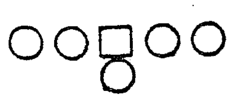


ACE SLOT - BUCK 414 FLASH

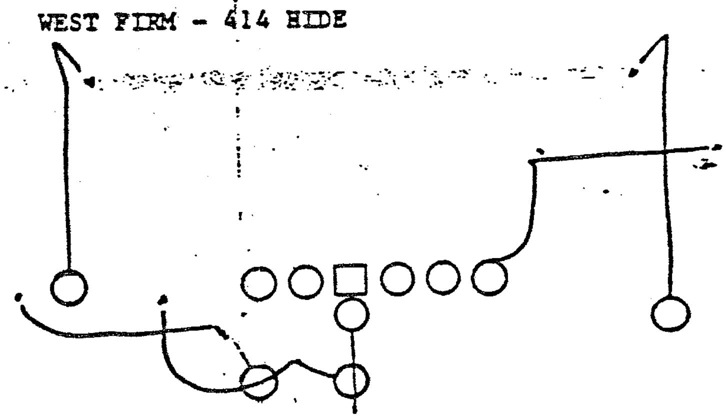


DOUBLE: WEST FIRM DBLE. 14 HASH

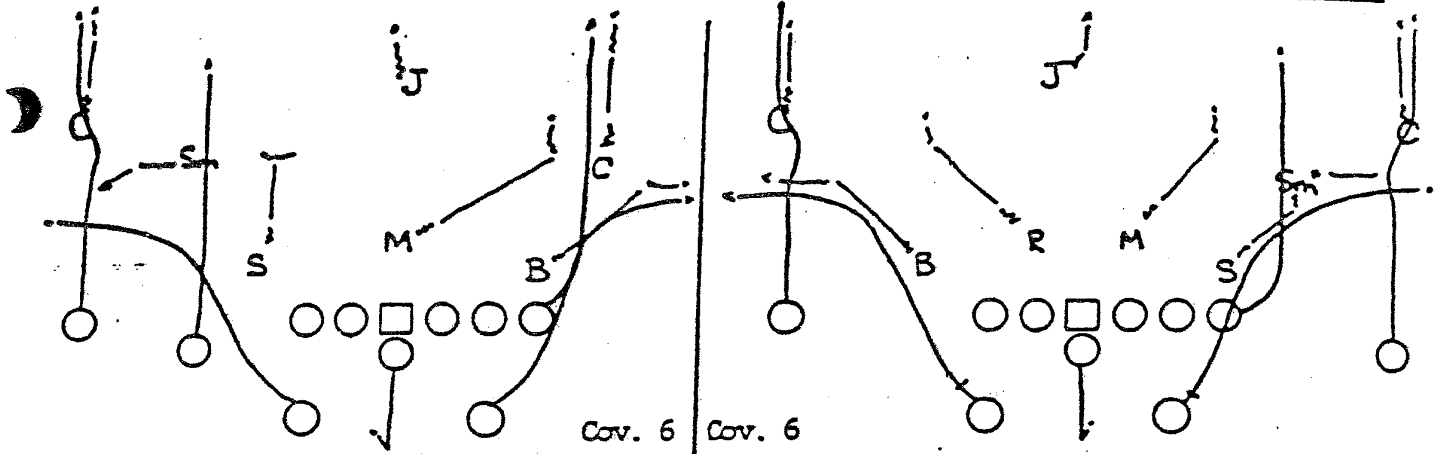




WEST FIRM - 414 HIDE



Series & Protection: FIRM Pattern: 999 (ABLE 99) Flare: BACKS / FIP



Quarterback

P.S.L.: SAFETIES Read: B.L.S. TO ONSIDE CORNER Drop: 5 STEPS

Pattern Progression Wk: X OR Q TO HB Progression Stg Z TO Y TO FB

Blitz/Dog Principle: RECEIVERS S.A. SAFETY BLITZES

Rec. Adjs. Vs. Cleo = X/Q: FADE Y/Slot: NONE Z: FADE HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: NO ADJUSTMENTS

Formation Variations: 1. BROWN 2. I
3. BLUE 4. ACE 5. ACE SLOT
6. SLOT/TWIN SPLIT 7. - 8.

Series Variations: 1. WEST 2. SOUTH 3. -

Rec Variations: X/Q: - Y/S: - Z: -

RB Flare Variations: BACKS WIDE: BACKS SOLID: FAN/DRAW - DRAW/FAN
WEST: FAN/CHECK SOUTH: FAN/CHECK

Use of Movement: HIP = FIP

QB Coaching Points

1. Take a 5 step drop, plant and get the ball in the air.
2. Throw according to best located safety or as G.P. dictates.
3. Once direction determined, pick up rec. in stem, then move on ahead & let it go!
4. Drop the ball over his outside shoulder.
5. Cover 2 or 8 read strong between Y & Z! Check Y first!
6. Corner plays way off, lay it off to RB.
7. Once direction determined, read onside corners play!
8. Use West action to counter flow and throw strong.
9. Use South action to counter flow and throw weak.
10.
11.
12.

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: FIRM Pattern: 999 Flares: BACKS FAN

Halfback (Weakside)
Protection: S.P.U. BUCK Route: FAN Adj. Vs. Cov: NONE
Variation Routes: WIDE Dog Principle: NONE
Movement: HIP

C.P.s:
1. Buck Dogs - take up the slack.
2. Buck Drops - Push upfield & roll out 7 yds. deep & stretch the zone.
3. As you roll outside, check for the ball.
4.
5.

Fullback (Strongside)
Protection: D.P.U. Mac/Stub Route: FAN Adj. Vs. Cov. NONE
Variation Routes: WIDE Dog Principle: NONE
Release: OUTSIDE Movement: FIP

C.P.s:
1. D.P.U. Stub - Mac & Stub Dog, take up the slack on Stub.
2. If no S.P.U. push upfield & roll out 7 yds. deep & stretch the zone.
3. As you roll outside check for the ball!
4.
5.

X or Q (Weakside Receiver)
Location: BASIC Route: 9 Release: VARY Adj. Vs. Cleo: FADE
Change Up Routes: NONE Blitz Principle: S.A. Movement: NONE
Slot Route: 99 Twin Route: 99 Adj. Vs. Cov: NONE

C.P.s:
1. Get on top of corner as quick as possible.
2. Push inside leg of corner and then jump outside and fade.
3. Don't make contact with corner. Avoid him.
4. If corner lays off outside, go inside & push out, then go under him.
5.
6.

Y or Slot (Middle Receiver)
Location: POC Route: 99 Release: BEST Adj. Vs. Cleo: NONE
Change Up Routes: NONE Dog Principle: NONE Blitz Principle: S.A.
TE at Q Route: 9 Adjs. Vs. Cov: NONE Movement: NONE

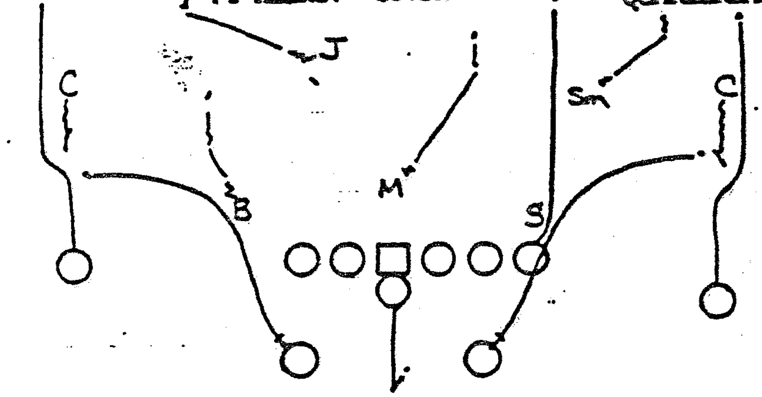
C.P.s:
1. Take the best release possible and get upfield quickly.
2. Keep the zones stretched.
3. Alert if you read a Cov. 2 or 8. QB may lay it up to you.
4.
5.
6.

Z (Strongside Outside)
Location: BASIC Route: 99 Release: VARY Adj. Vs. Cleo: FADE
Change Up Routes: NONE Blitz Principle: S.A. Movement: NONE
Slot Route: 99 Twin Route: 99 Adj. Vs. Cov: NONE

C.P.s:
1. Get on top of corner as quick as possible.
2. Push inside leg of corner and then jump outside and fade.
3. Don't make contact with the corner. Avoid him.
4. If corner lays off outside, Go inside & push out then go under him.
5.
6.

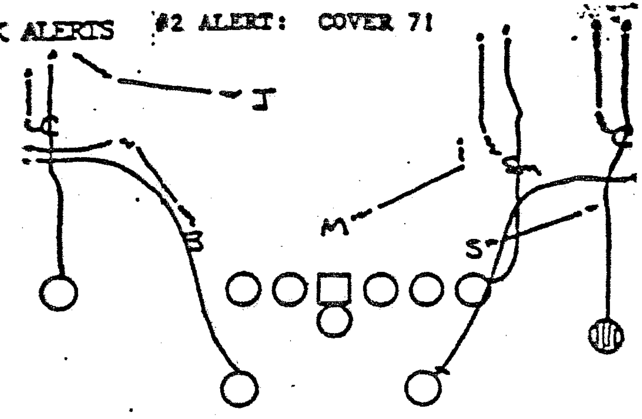
QUARTERBACK ALERTS

#1 ALERT: COVER 2 & 8



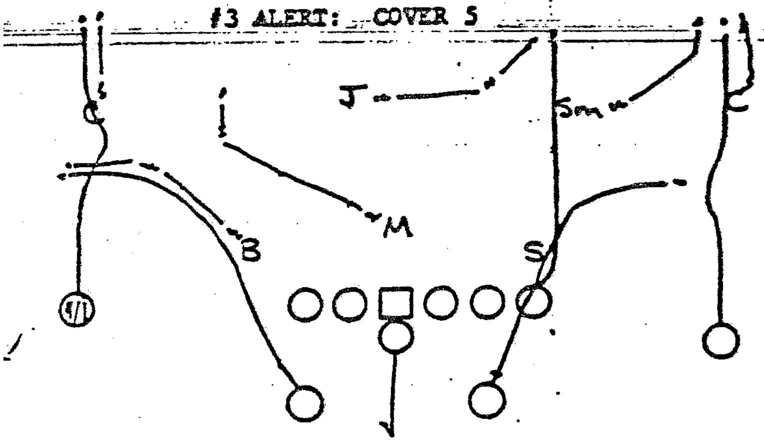
1. Safeties divide, read strong Y to Z!
2.
3.
4.

#2 ALERT: COVER 7!

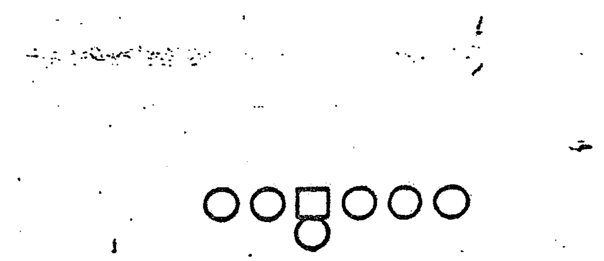


1. Jack flat weak - go strong to Z!
2.
3.
4.

#3 ALERT: COVER 5



1. Jack flat strong - go weak to X!
2.
3.
4.



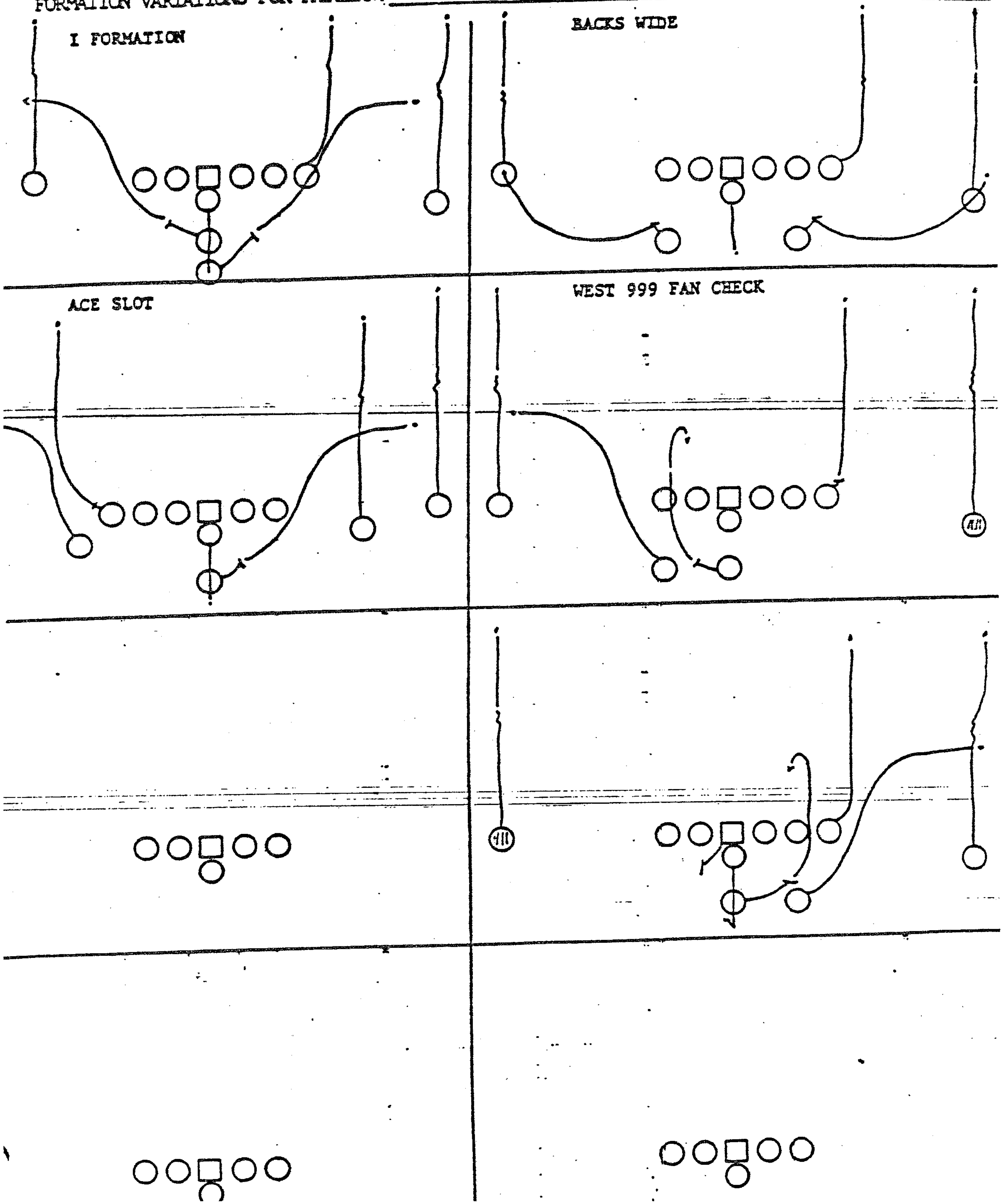
1.
2.
3.
4.

Pattern Best Vs. Cover: FORMS OF MAN (Ranked in Order

General Comments: When we call a 999, in most cases we want to throw the ball and give part of the responsibility to the WR for catching it. The G.P. will in most cases dictate a specific person we are attacking, but the coverage must be read anyway.

QB Notes:

FORMATION VARIATIONS FOR PATTERN: FIRM 999 BACKS FAN



FLARE SERIES

THE FLARE SERIES IS OUR BASE WAY OF GETTING ALL 5 RECEIVERS INTO A PATTERN. THE FLARE CALL TELLS THE LINE TO BLOCK BASE, AND SET UP FOR A QB TAKING A 7 STEP OR A 7 & 2 STEP DROP. ALL QB READS START INITIALLY WITH THE BEST LOCATED SAFETY THEN MOVE TO THE SPECIFIC PATTERN CALLED!

THE HB HAS S.P.U. ON BUCK WHILE THE FB HAS S.P.U. ON STUB. IF PROTECTING A 30 OR 50 DEFENSE THE FB WILL D.P.U. MAC/STUB ALLOWING HIM TO RELEASE UNLESS BOTH MAC & STUB DOG! THE STRONG GUARD IS ALSO IN D.P.U. ON MAC/STUB. WIDE RECEIVER BREAKING POINTS ARE 20 YARDS DEEP, ALLOWING THEM TO USE LATERAL AS WELL AS VERTICAL MOVES! ONLY THE 3 ROUTE BREAKS AT 15!

IF WE WANT TO KEEP ONE OR BOTH BACKS IN A WEAKSIDE READ PATTERN IT IS MOVED INTO AN EAST SERIES CALL AND A STRONGSIDE PATTERN IS MOVED INTO A NORTH CALL. SOLID IS CALLED TO KEEP IN BOTH BACKS, OR CAN BE USED AS A FLARE CONTROL CALL IN PLACE OF THE RB OR RBS ROUTES! EXAMPLE: FLARE - 444 BACKS SOLID FLARE - 444 FAN/SOLID OR SOLID FAN.

FLARE SERIES ABLE ASSIGNMENTS ARE:

ABLE 94 = FLARE 444 BKS FAN (Can Also Be A Firm Call - G.P.)

ABLE 95 = FLARE 545 BKS HOOK

ABLE 96 = FLARE 866 FAN UNDER

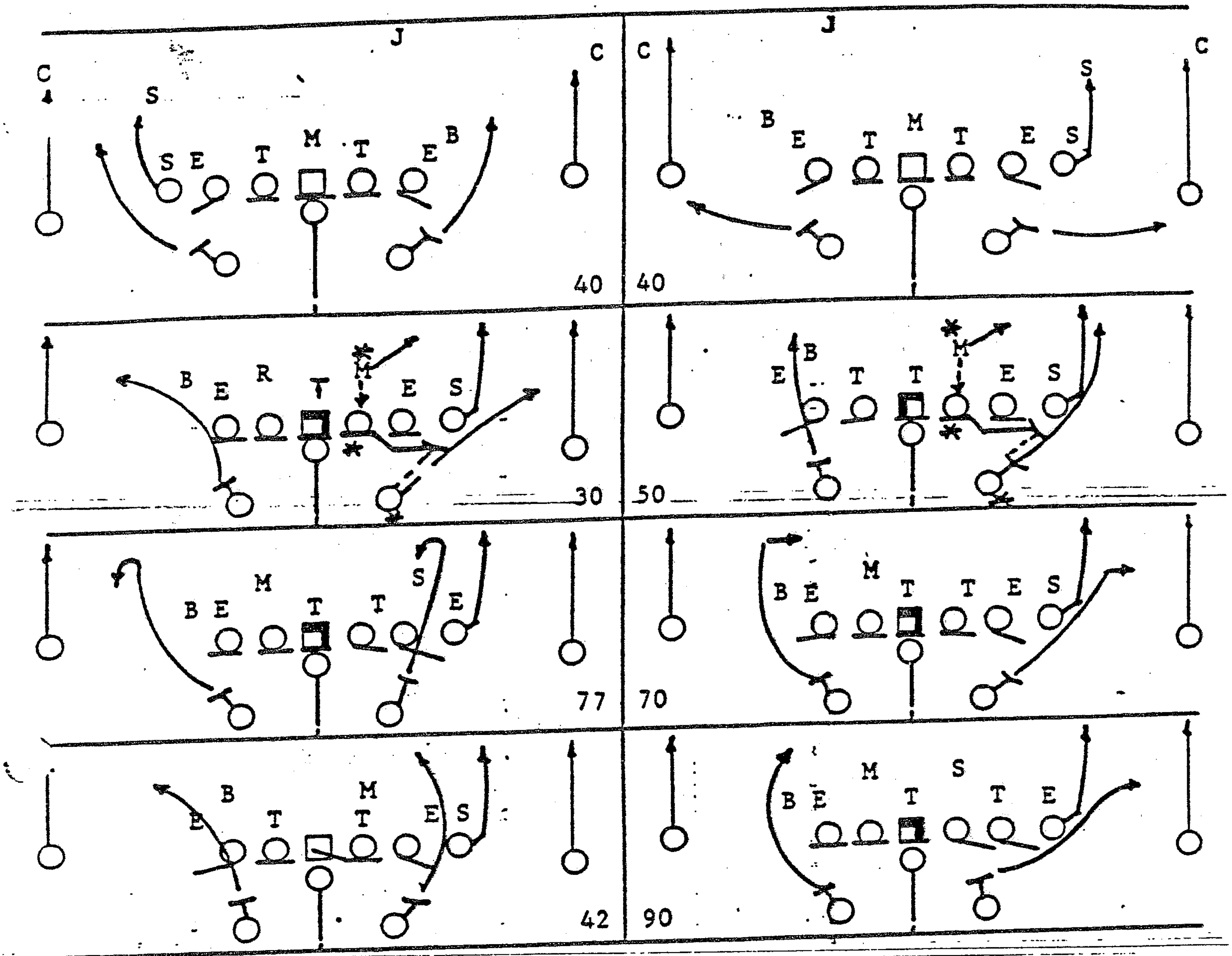
ABLE 97 = FLARE 787 BKS FAN

ABLE 98 = FLARE 853 BKS CHOICE

COACHING POINTS FLARE PROTECTION

FORMATIONS:	ALL	SPLITS: SMART DEPTH: OFF
TIGHT END	1. Run pattern called. S.A. Safety Blitzes. 2. If weakside of a 1 back formation - assume HB's blocking assignment. S.P.U. Buck Ace slot and "D" formations. 3. Strive to run routes a minimum of 12 and a maximum of 15 yds. deep.	
ONSIDE TACKLE	1. Base 2 man, regular set. 2. Alert - 77 - 3 man - 90 - Slide call - 3 man. 3. Alert vs. 30 - 50 - man on man vs. DE - unless Mac Tough - "ZORO" 4. Zone all stunts unless bubble your side.	
ONSIDE GUARD	1. Base 1 man, regular set. 2. Alert - 30 - 50 - Dual Pick up - Mac to Stub - unless Mac tough - "ZO 2. Alert - 90 - slide call - 2 man. 4. Zone all stunts unless bubble your side. 5. Solid call - do not D.P.U. Mac to Stub.	
CENTER	1. Base 0 man, regular set. 2. Uncovered - check your backer - help. 3. Alert - 30 - 50 - no help strongside. 4. Zone all stunts.	
OFFSIDE GUARD	1. Base 1 man, regular set. 2. Uncovered - check your backer - cut nose. 3. Zone all stunts.	
OFFSIDE TACKLE	1. Base 2 man - regular set. 2. Alert - 50 - 42 - Base DE - 3 man. 3. Zone all stunts.	
QUARTER BACK	1. Drop 7 or 7 & 2! Flare routes are 4-5-6-7-8 2. Read B.L.S. or as pattern dictates. 3. Sight adjust safety blitzes 4. Breaking points for WRs are 20 yds. 5. Alert for R & B assignments for Y or slot man!	
WEAK BACK	1. Swing pick up on Buck on the move. 2. No Dog - Run flare control called. 3. Solid call. P.U. Buck - help where assigned.	
STRONG BACK	1. Dual pick up - Mac to Stub - Mac dogs - Grd will pick up - Check Stub 2. No Dog - Run flare control called. Solid call - No D.P.U. Check Stub 3. Dual pick up - only applies to the 30 & 50 defenses.	
SPLIT - X	1. Run pattern called. (20 yd. B.P.s) 2. Sight adjust Safety blitzes.	
FLANKER-Z	1. Run pattern called. (20 yd. B.P.s) 2. Sight adjust Safety blitzes	
OFFSIDE	1. Run pattern called (X's 1st number called).	

FLARE PROTECTION

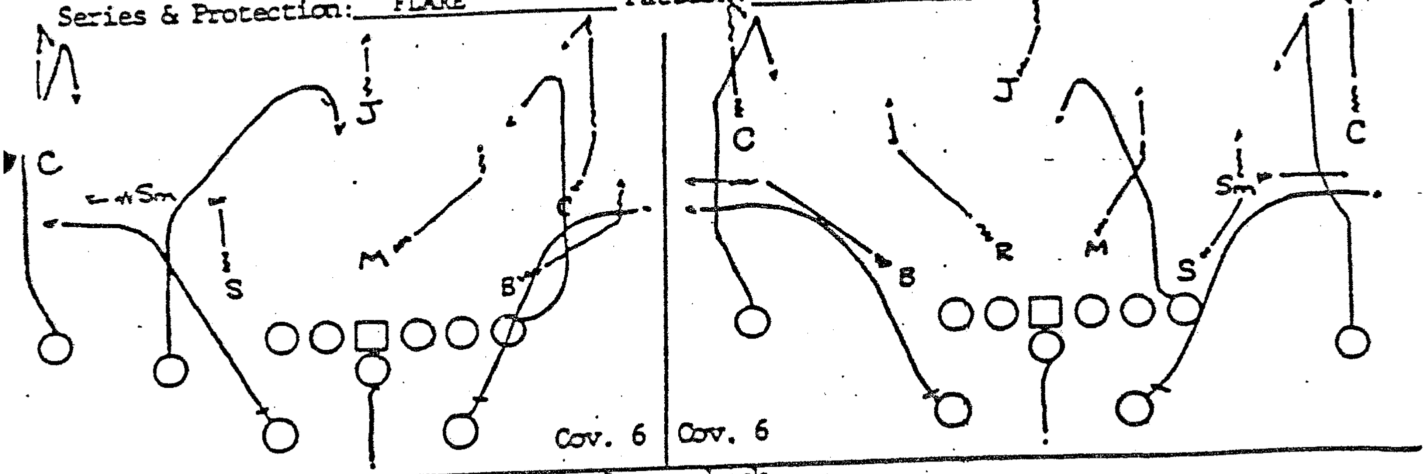


BLOCKING RULES

TIGHT END:	Run Pattern Called!
ONSIDE TAC:	Base 2 Man
ONSIDE GRD:	Base 1 Man
CENTER:	Base 0 Man
OFFSIDE GRD:	Base 1 Man
OFFSIDE TAC:	Base 2 Man
QUARTERBACK:	7 Step & 7 & 2 Step Drops - Read B.L.S.
WEAK BACK:	S.P.U. on Buck - No Dog - Run flare control called.
STRONG BACK:	D.P.U. on Mac to Stub - No Dog - Run flare control called.
X:	Pattern Called
	Pattern Called

30 or 50 Defense - D.P.U. - Mac to Stub.
Offensive line - Big men and middle LB'er.
Zone all stunts vs. all defenses.

Series & Protection: FLARE Pattern: 444 (ABLE 94) Flare: BACKS / FAN



Quarterback

P.S.L.: SAFETIES Read: B.L.S. TO BUZZ SYSTEM Drop: 7 & 2

Pattern Progression Wk: X to HB to Y Progression Stg: Z to FB to Y

Blitz/Dog Principle: RECEIVERS - S.A. SAFETY BLITZ!

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: BURST HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: R & B

Rec. Adjs. Vs. Coverage: Y-R & B COV. 3 & 5!

Formation Variations:
1. BROWN
2. SLOT/TWIN
3. SLOT/TWIN SPLIT
4. ACE SLOT (HOW & HIP)
5. BLUE
6. "D" FORMATIONS
7.
8.

Series Variations: 1. WEST 2. EAST 3. NORTH

Rec Variations: X/Q: 9 / 8 / Y/S: 9 / / Z: 9 / 8 /

RB Flare Variations: FLASH/FAN - FLASH/HASH - FLY/HASH OR FAN - HOOK/FAN or HASH
FAN/DRAW - DRAW/FAN - FAN/HASH WEST = FAN/STOP or CHECK - STOP/WIDE

Use of Movement: ZOOM/HIP/TIM

QB Coaching Points

1. Stride for 7 steps and settle in 2 steps! Receivers B.P.s are 20 yds!
2. Confirm B.L.S. on 1st step.
3. If B.L.S. remains as such, zero in on Buzz system!
4. Once direction is determined, stick with pattern progression!
5. If Cov. 2 or 8 shows, check Y on R & B!
6. If Cov. 3 shows, Y will Bend & Go on Jack! G.P. will dictate intentions!
7. Direction determined, really be alert for the buzz of the 2nd defender inside!
8. A specific P.S.L. can move Y or slot to #1 in progression determined by G.P.!
9. Take a little off the ball when OFF SET throwing!
10. This pattern does not utilize field distribution balance to the degree 343 does!
11. To change Y & the FB number & hash areas, call the FB on a Hash - Y will adjust!
12. To change Q & the HB number & hash areas, call the HB on a Hook - Q will adjust.
13. Read West weakside and progress accordingly.
14. No B.L.S., G.P. will dictate direction!

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: FLARE Pattern: 444 Flares: BACKS / FAN

Halfback (Weakside)
Protection: S.P.U. BUCK Route: FAN Adj. Vs. Cov: NONE
Variation Routes: FLASH/FLY/HOOK/STOP Dog Principle: NONE
Movement: HIP

C.P.s:
1. Buck dogs - take up the slack!
2. Buck drops - push upfield and roll out 7 yds. deep & stretch the zone.
3. As you roll outside, check for the ball!
4. Flash called - get to the wide area and stop up 8 yds. deep!
5. You are in a balanced distribution pattern!

Fullback (Strongside)
Protection: D.P.U. STUB Route: FAN Adj. Vs. Cov. NONE
Variation Routes: HASH/STOP/WIDE Dog Principle: NONE
Release: OUTSIDE Movement: NONE

C.P.s:
1. D.P.U. Stub - Mac & Stub dog, take up the slack on Stub!
2. If no S.P.U. push upfield & roll out 7 yds. deep & stretch the zone!
3. As you roll outside, check for the ball!
4. Hash called, release inside and get into the hash area 8 yds. deep!
5. Stop & wide flares are run with West action!

X or Q (Weakside Receiver)
Location: BASIC Route: 4 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: 9 or 8 Blitz Principle: S.A. Movement: NONE
Slot Route: 44 Twin Route: 44 Adj. Vs. Cov: NONE

C.P.s:
1. Get to your B.P. 20 yds. deep and come back to the ball!
2. As you come back to the ball, slide to the open throwing lane!
3. If the door is shut inside by the corner, come back outside!
4. You are not as concerned about field balance running a 4! (X)
5. Q position - alert for HB flare because of balance concept!
6. Flash & Fly = Number area 4! Hook = wide area 4!

Y or Slot (Middle Receiver)
Location: POC Route: 44 Release: LOCATION Adj. Vs. Cleo: NONE
~~Change Up Routes: 9 Dog Principle: NONE Blitz Principle: S.A.~~ Movement: TOM/TIM
TE at Q Route: 4 Adjs. Vs. Cov: R & B 2 - 8 & 3

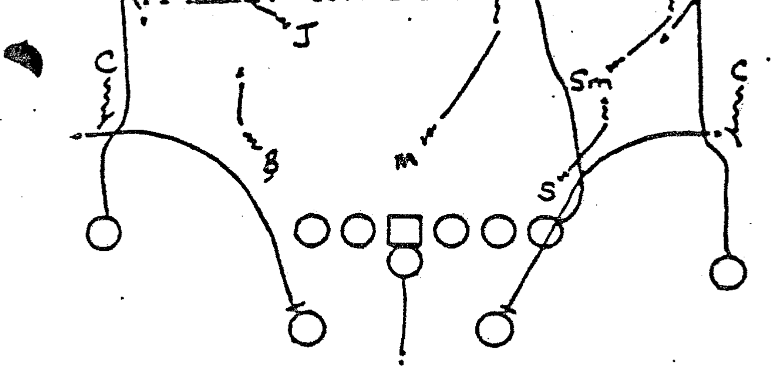
C.P.s:
1. Set wide field, release outside. Set short field, release inside!
2. Approach hash area from outside in - Strive for 15 yds. deep!
3. Change area to run 44 Combo in, in relation to the FB's flare!
4. Hash call = number area 4!
5. Slotted, all principles apply. Not a disciplined 4 route!
6. If Cov. 3 or 5, bend in at Jack, then go! Freeze him first!

Z (Strongside Outside)
Location: BASIC Route: 44 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: 9 or 8 Blitz Principle: S.A. Movement: ZOOM-ZIN-ZOT-ZES
Slot Route: 44 Twin Route: 44 Adj. Vs. Cov: NONE

C.P.s:
1. Get to your B.P. 20 yds. deep and come back to the ball!
2. As you come back to the QB, slide to the open throwing lane!
3. If the door is shut inside by the corner, come back outside. Don't drift
4. Stay with the 4 vs. all variations of coverage!
5. Maximum width and maximum depth before coming back inside!
6.

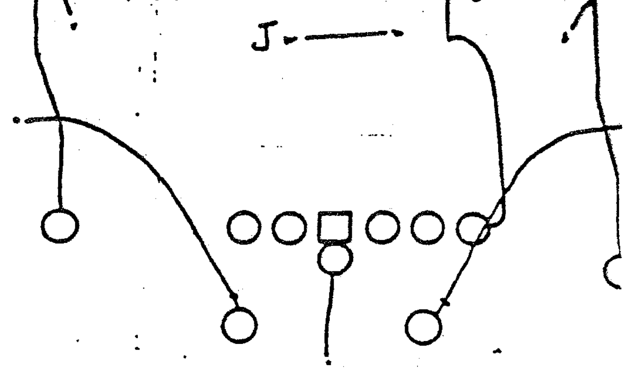
QUARTERBACK ALERTS

#1 ALERT: COV. 2 & 8



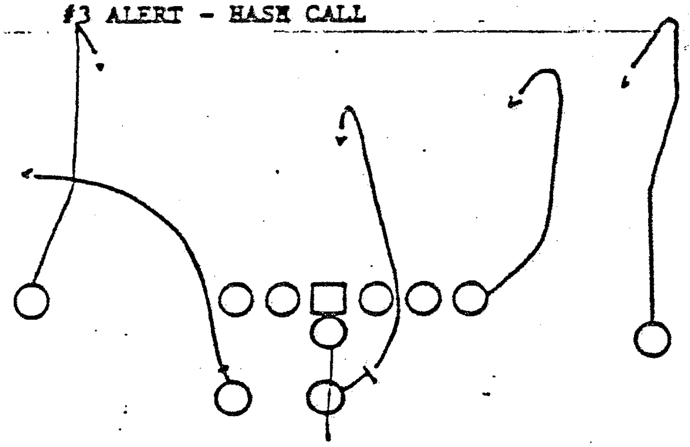
1. WRs Burst - R & B area tighter!
2. Y will R & B - Aware of safeties!
3. Going to Y on R & B - Let go in 5 steps!
4. Going to WR burst 4 - drop 7 & 2!

#2 ALERT: COV. 3 & 5



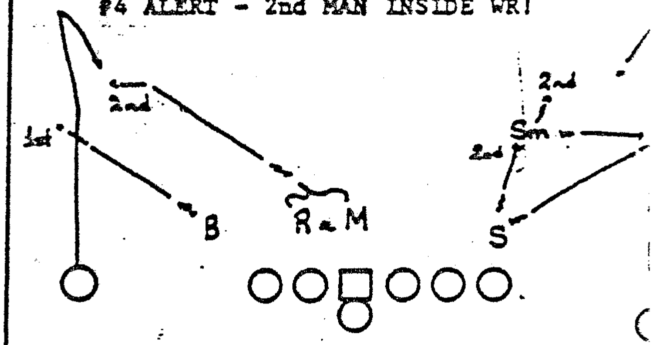
1. WK Read - Jack flat stg - Y R & B!
2. Alert for Mac or Rover buzz going to X
3.
4.

#3 ALERT - HASH CALL



1. Fan/Hash Call - Y & FB switch areas!
2.
3.
4.

#4 ALERT - 2nd MAN INSIDE WR!



1. Be careful of 2nd man underneath!
2. WR will handle 1st man!
3.
4.

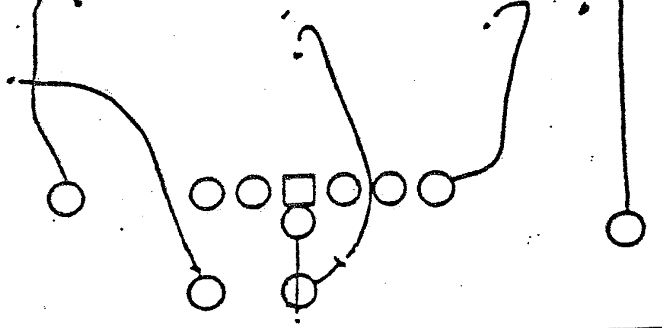
Pattern Best Vs. Cover: ZONE COV. 6 or 4 - 1 - 9 - 3 - 5 - 7 - 2 & 8 (Ranked in Order

General Comments: The WRs may not be able to stay in wide areas when coming back to the QB and this is why the pattern is not totally balanced all the time! The WRs are thinking in terms of B.P.s and the throwing lane rather than areas! The RBs will end up in the wide areas but X & Z may not end up in the number area!

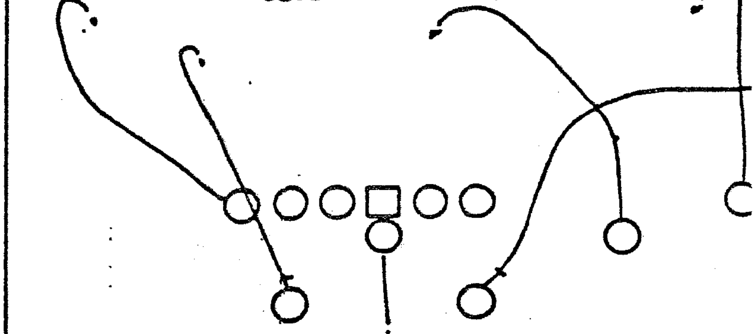
QB Notes:

FORMATION VARIATIONS FOR PATTERN: FLARE 444 BACKS/FAN

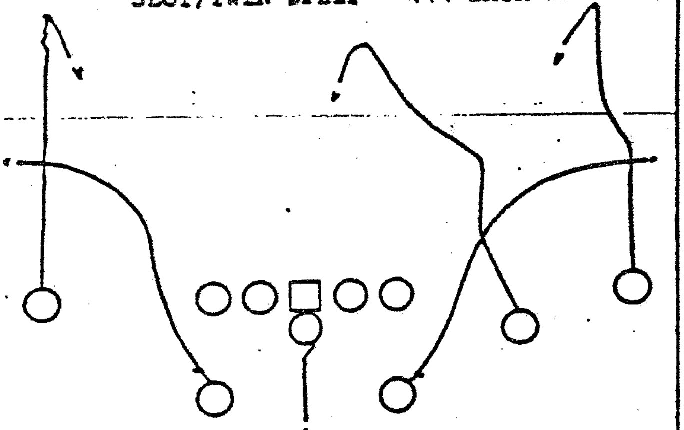
BROWN - 444 FAN/HASH



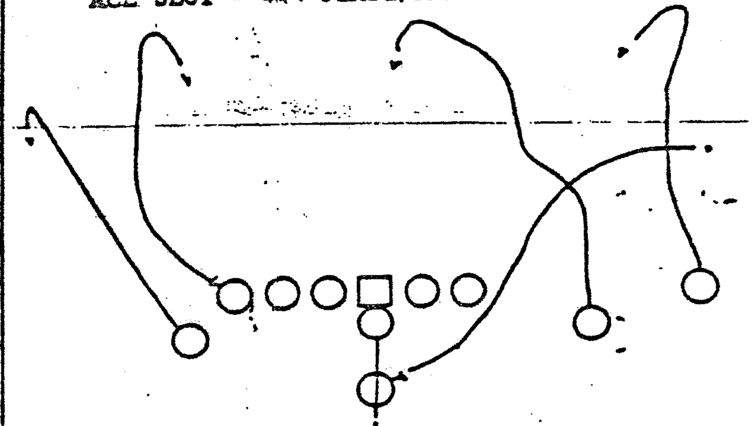
SLOT - 444 HOOK/FAN



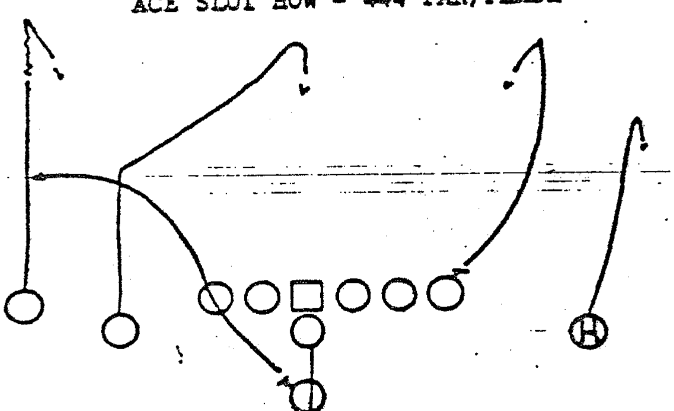
SLOT/TWIN SPLIT - 444 BACK FAN



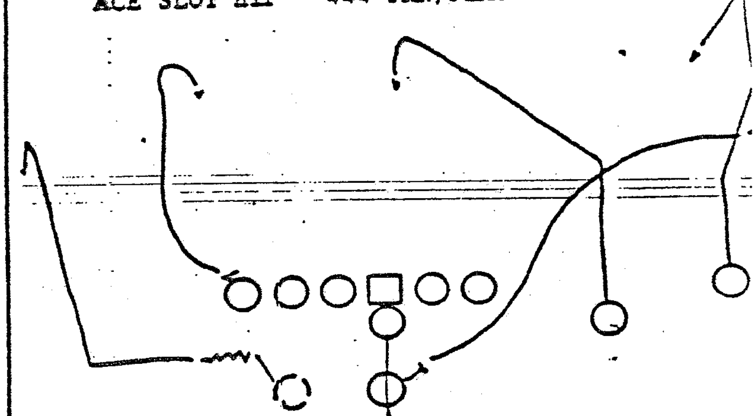
ACE SLOT - 444 FLASH/FAN



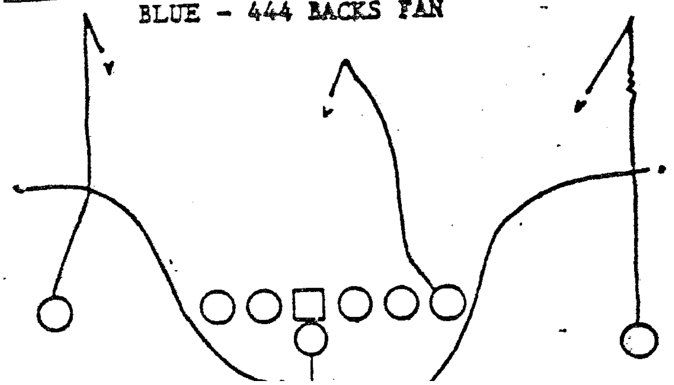
ACE SLOT HOW - 444 FAN/FLASH



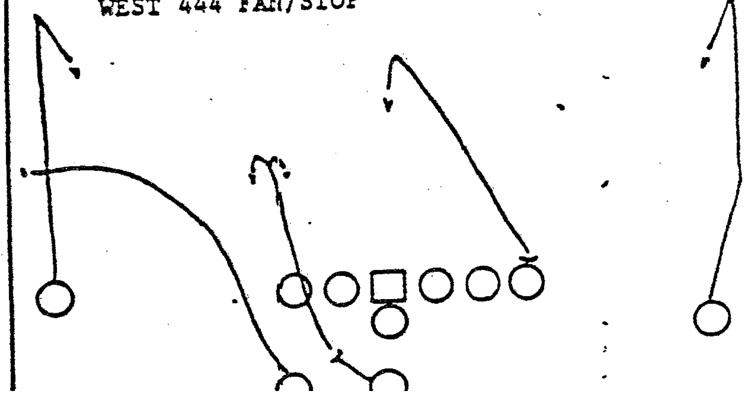
ACE SLOT HIP - 444 FAN/FLASH



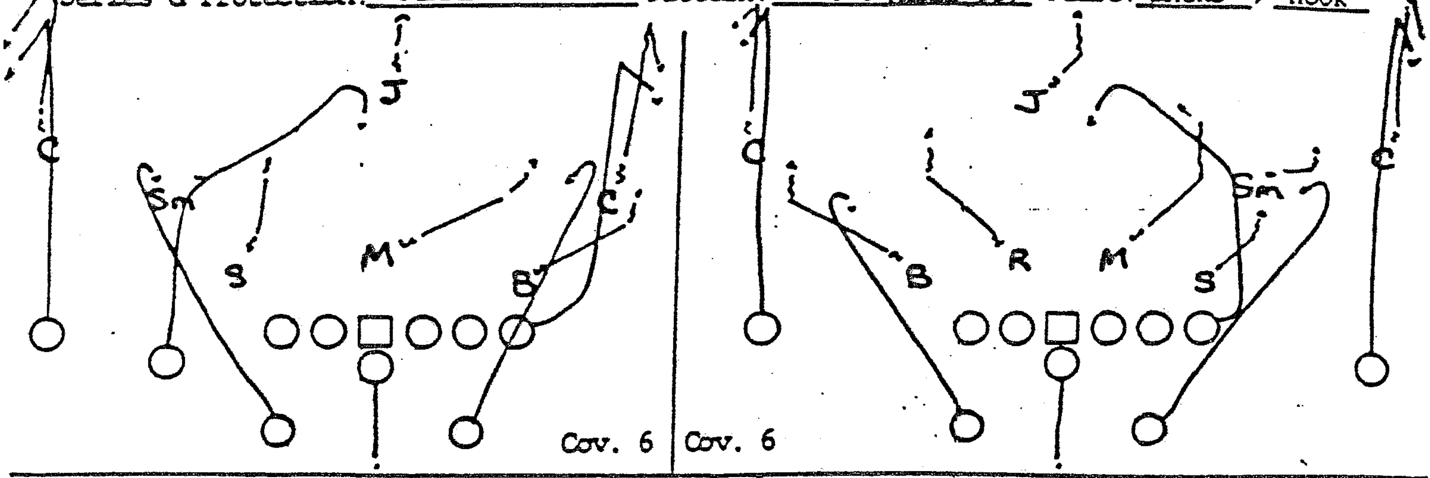
BLUE - 444 BACKS FAN



WEST 444 FAN/STOP



Series & Protection: FLARE Pattern: 545 (ABLE 95) Flare: BACKS / HOOK



Quarterback

P.S.L.: SAFETIES Read: B.L.S. TO BUZZ SYSTEM Drop: 7 & 2

Pattern Progression Wk: X to HB to Y Progression Stg: Z to FB to Y

Blitz/Dog Principle: REC's S.A. SAFETY BLITZ!

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: BURST HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: R & B

Rec. Adjs. Vs. Coverage: Y - R & B COV. 3 & 5!

Formation Variations: 1. BROWN 2. SLOT/TWIN
3. SLOT/TWIN SPLIT (X) 4. ACE SLOT (HOW & HIP) 5. BLUE
6. "D" FORMATIONS 7. 8.

Series Variations: 1. EAST 2. NORTH 3. WEST

Rec Variations: X/Q: 9 / 8 / Y/S: 9 / / Z: 9 / 8 /

RB Flare Variations: HOOK/HASH: FLASH/HOOK: FLASH/HASH:
WEST = HOOK/CHECK - HOOK/HASH - HOOK/WIDE

Use of Movement: ZOOM/HIP/TIM/TOM

QB Coaching Points

1. Stride for 7 steps and settle in 2 steps! Receiver B.P.s are 20 yds!
2. Confirm B.L.S. on 1st step!
3. If B.L.S. remains as such, zero in on Buzz system!
4. Once direction is determined, stick with pattern progression!
5. If Cov. 2 or 8 shows, check Y on R & B!
6. If Cov. 3 or 5 shows, Y will B & G on Jack! G.P. will dictate intentions!
7. Direction determined, really be alert for the buzz of the outside LBer or Sam!
8. A specific P.S.L. can move Y or Slot to #1 in progression determined by G.P.
9. Take a little off the ball when OFF SET throwing!
10. This pattern utilizes the field distribution balance concept!
11. To change Y and the FB number and hash areas, call the FB on a Hash - Y will adjust.
12. To change Q and the HB wide and number areas call the HB on a Flash - Q will adjust.
13. Read West weakside and progress accordingly!
14. No B.L.S., G.P. will dictate direction!

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: FLARE Pattern: 545 Flares: BACKS / HOOK

Halfback (Weakside)

Protection: S.P.U. BUCK Route: # HOOK Adj. Vs. Cov: NONE
Variation Routes: FLASH - FLY Dog Principle: NONE
Movement: HIP

C.P.s:
1. Buck dogs, take up the slack!
2. Buck drops, get to the number area 8 yds. deep & hook up!
3. OK to stop opposite LB'er, just don't drift. Stay in your area!
4. Flash called, stretch number area as fast as you can and stop up wide!
5. You are involved in a balanced distribution pattern!

Fullback (Strongside)

Protection: D.P.U. STUB Route: # HOOK Adj. Vs. Cov. NONE
Variation Routes: HASH Dog Principle: NONE
Release: OUTSIDE Movement: NONE

C.P.s:
1. D.P.U. Stub - Mac & Stub dog - take up the slack on Stub!
2. If no S.P.U., get to the number area 8 yds. deep and hook up!
3. Your course to the hook area may vary, just get there in a hurry!
4. OK to stop opposite coverage, just don't drift Stay in your area!
5. Hash called, release inside and get into the hash area 8 yds. deep!
6. When switching areas with Y or Slot, get to area any way possible.

X or Q (Weakside Receiver)

Location: BASIC Route: 5 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: 9 or 8 Blitz Principle: S.A. Movement: NONE
Slot Route: 45 Twin Route: 45 Adj. Vs. Cov: NONE

C.P.s:
1. This is a balanced distribution receiver pattern - X attacks the wide area!
2. Push to 20 yds. deep and bring it back to 15 yds.!
3. Attacking a zone Cleo technique, burst and level off. Don't come back!
4. Bump & run, release outside and push upfield & come back!
5. Q position - alert for HB change up flare. Same as 343!
6. Door shut outside, come back inside.

Y or Slot (Middle Receiver)

Location: POC Route: 45 Release: LOCATION Adj. Vs. Cleo: BURST
Change Up Routes: 9 Dog Principle: NONE Blitz Principle: S.A.
TE at Q Route: 5 Adjs. Vs. Cov: R & B 2 - 8 - 3 Movement: TOM/TIM

C.P.s:
1. Set wide field, release outside! Set short field, release inside!
2. Approach the hash area from outside in!
3. Change area to run 45 Combo in, in relation to the FB's flare!
4. Hook call = Hash area 45! Hash call = Number area 45!
5. Slotted, all principles apply. Not a disciplined 4 route!
6. If Cov. 3 or 5, bend in at Jack then go! Freeze him first!

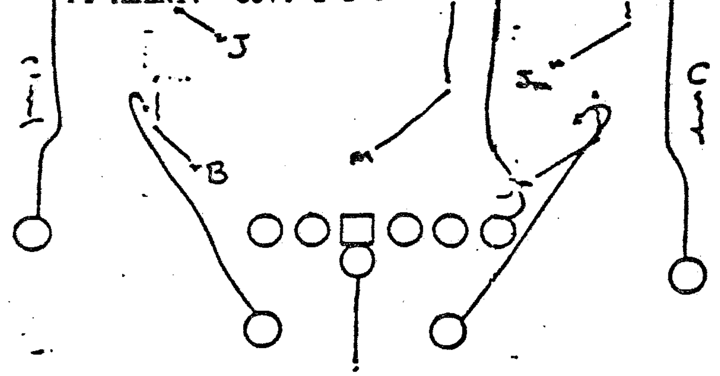
Z (Strongside Outside)

Location: BASIC Route: 45 Release: VARY Adj. Vs. Cleo: FADE
Change Up Routes: 9 or 8 Blitz Principle: S.A. Movement: ZOOM/ZIN
Slot Route: 45 Twin Route: 45 Adj. Vs. Cov: NONE

C.P.s:
1. This is a balanced distribution receiver pattern. Z attacks the wide area!
2. Push to 20 yds. deep and bring it back to 15 yds.!
3. Stay with your 5 route vs. all coverages.
4. Attacking a zone Cleo technique - burst and level off. Don't come back!
5. Bump & run, release outside and push upfield & come back.
6. Door shut outside, comeback inside! Don't drift!

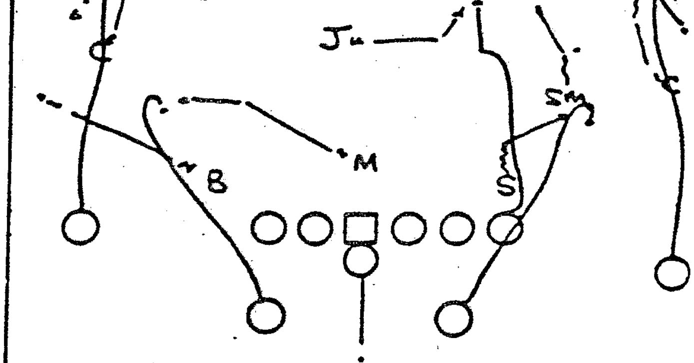
QUARTERBACK ALERTS

#1 ALERT: COV. 2 & 8



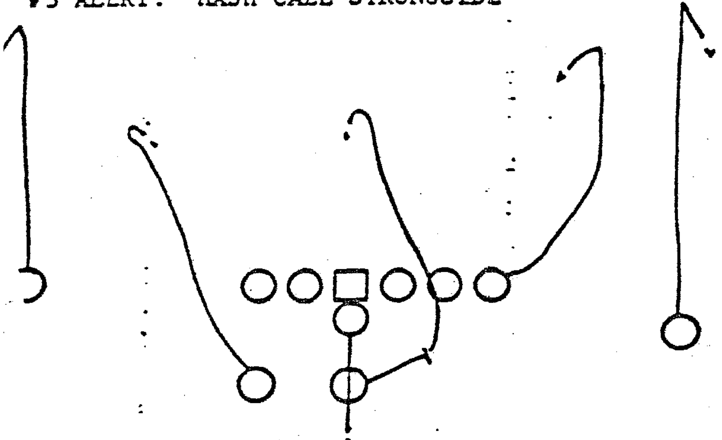
1. WR's <u>burst</u> and run 5's!
2. WR's don't comeback - Flatten out!
3. Y will R & B - let ball go in 5 steps!
4.

#2 ALERT: COV. 3 or 5!



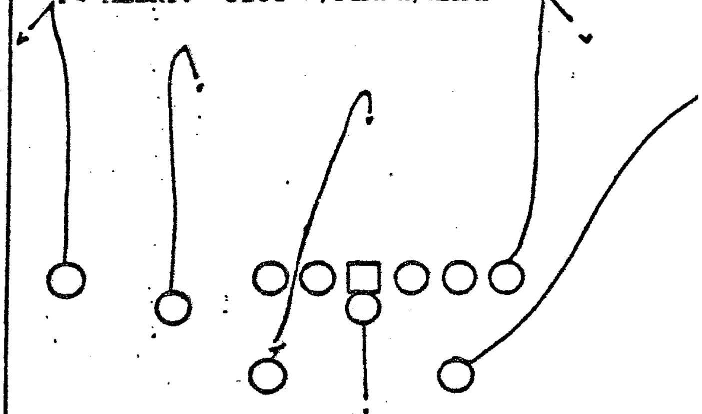
1. Weak read - Jack flat strong! Y R & G!
2. Alert for Buck's buzz if going to X!
3.
4.

#3 ALERT: HASH CALL STRONGSIDE



1. Brown Hook/Hash call - Y & FB switch!
2. Read the same - different rec's in areas!
3.
4.

#4 ALERT: SLOT W/FLASH/HASH



1. Slot w/Flash/Hash - Switches Q & HB!
2. Slot w/Flash/Hash - Switches FB & Slot!
3.
4.

Pattern Best Vs. Cover: <u>ZONES COV. 4 & 6 - 1 - 9 - 3 - 5 - 7 - 2 & 8!</u> (Ranked in Order)

General Comments: This pattern is identical in design as Firm 343 except the receivers are pushing 5 yds. deeper to 20 B.P.s! All balance field distribution principles apply. Once direction is determined, work outside in attacking the defense. Receivers in the hash to number areas are easily changed up by utilizing a different flare by a RB! You are actually attacking the underneath coverage.

QB Notes:

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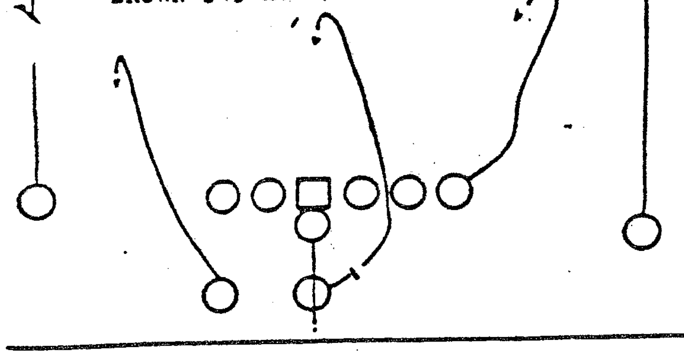
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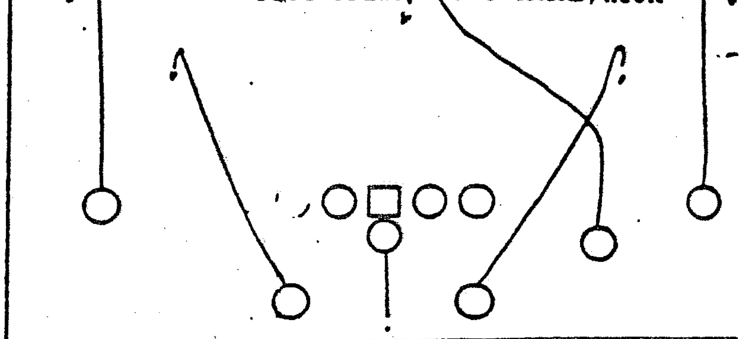
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FORMATION VARIATIONS FOR PATTERN: FLARE - 545 BACKS HOOK

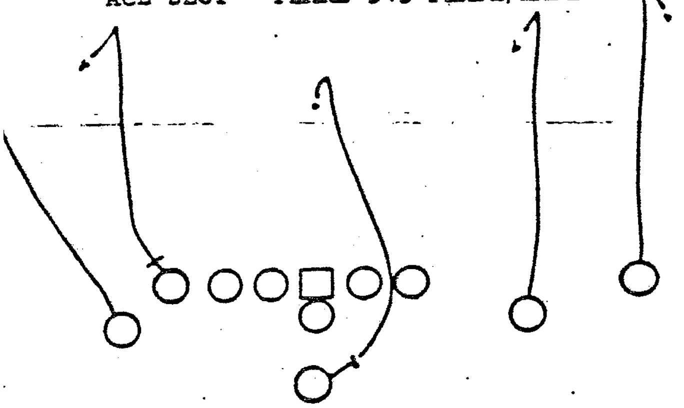
BROWN 545 HOOK/HASH



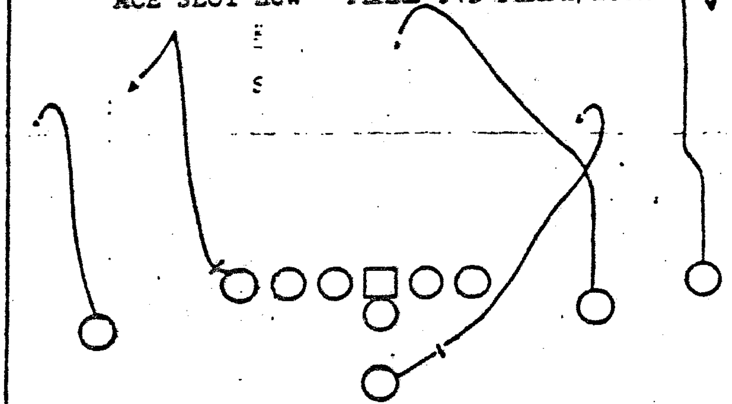
SLOT SPLIT - 545 BACKS/HOOK



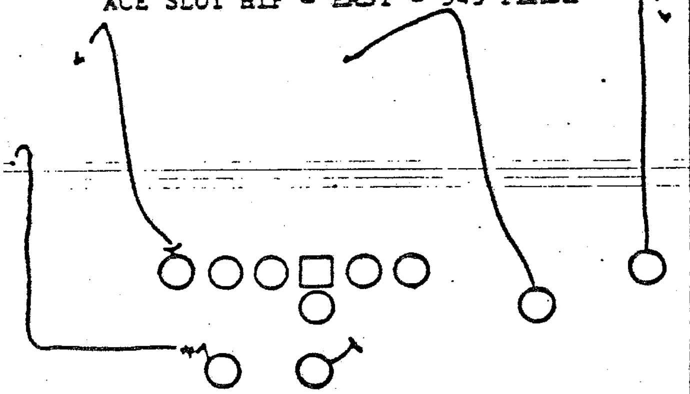
ACE SLOT - FLARE 545 FLASH/HASH



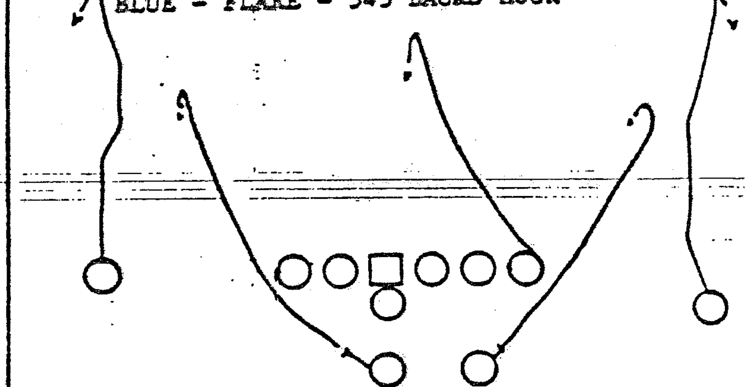
ACE SLOT HOW - FLARE 545 FLASH/HOOK



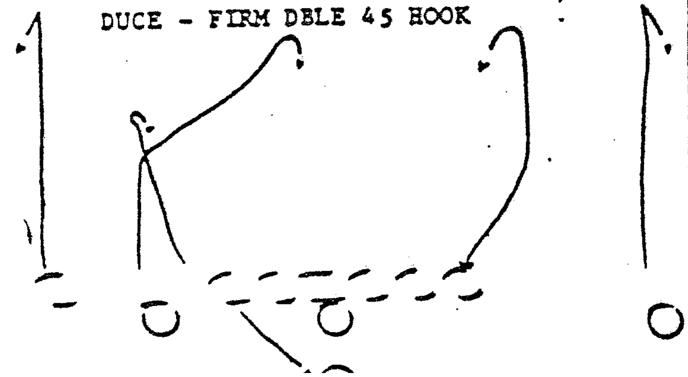
ACE SLOT HIP - EAST - 545 FLASH



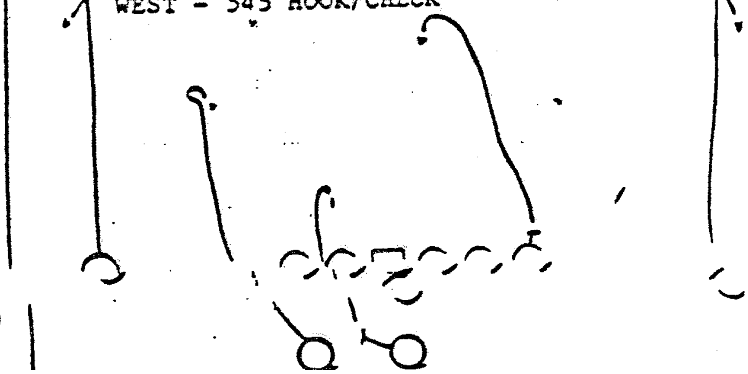
BLUE - FLARE - 545 BACKS HOOK



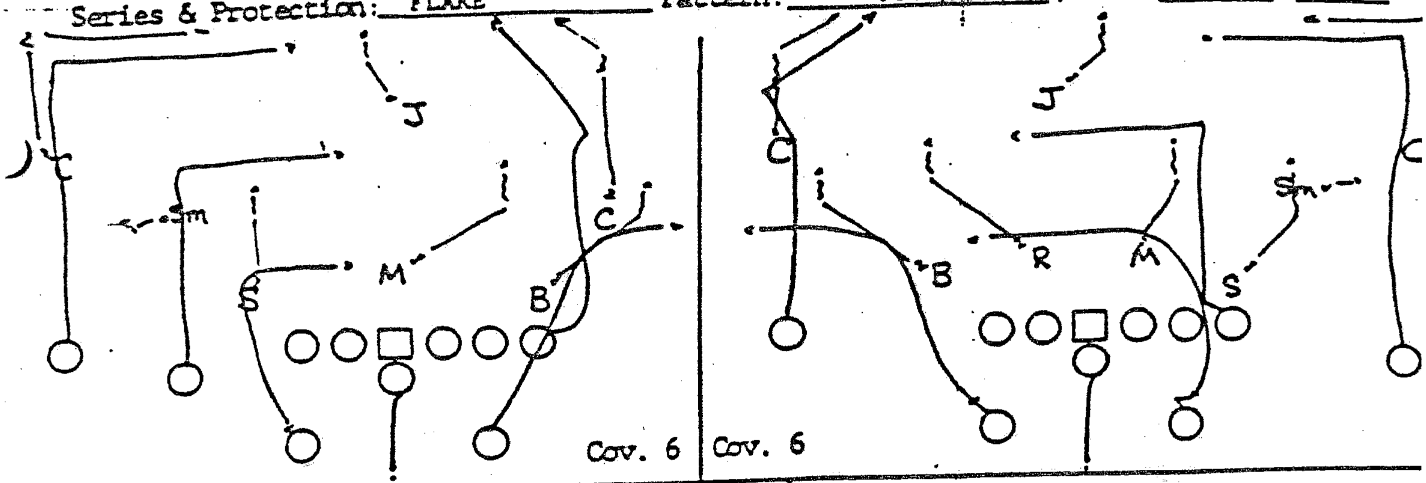
DUCE - FIRM DBLE 45 HOOK



WEST - 545 HOOK/CHECK



Series & Protection: FLARE Pattern: 866 (ABLE 96) Flare: FAN / UNDER



Quarterback

P.S.L.: SAFETIES Read: B.L.S. to JACK to SAM Drop: 7 & 2

Pattern Progression Wk: X to HB to Y Progression Stg: Y to Z

Blitz/Dog Principle: REC's S.A. SAFETY BLITZES

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: BURST HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: X B & R = TURN 8 INTO FADE!

Formation Variations:
1. RED
2. BLUE
3. I
4. BROWN SLOT
5. BLUE SLOT
6. ACE/ACE SLOT
7. ACE SLOT HOW
8. "D" FORMATIONS

Series Variations: 1. NORTH 2. EAST 3. WEST

Rec Variations: X/Q: 7 / 9 / 5 Y/S: - / / Z: - / /

~~RB Flare Variations: UNDER/FAN - DRAW/FAN - DRAW/UNDER - FAN/DRAW WIDE/UNDER: WEST - UNDER/WIDE~~

Use of Movement: HIP/ZIN/TIM

QB Coaching Points

1. Stride for 7 steps and settle in 2 steps.
2. Confirm B,L.S. on 1st step, while maintaining concentration on Jack.
3. Jack does anything <u>other than</u> move flat strong, think Y to Z!
4. Now concentrate on buzz system strong! Alert Mac/Stub/Sam underneath!
5. Progress from Y to Z!
6. Jack flat strong, now concentrate on X 8 or alternate route!
7. When going to Z, alert for 6 Buster and 6 Sam! Sam is zoning area!
8. LB'ers buzz under Y & Z, take back early on Under route!
9. Alert multiple LB'er defenses! Alert Nickel coverages.
10. Don't throw the 8 with Jack free!
11. If Jack holds, maintain read on him and think X 8!
12. G.P. can put X on 7 or 9 pattern! Also possible G.P. X option!
13. Pattern not there, HB lay off to QB draw!
14. Really would like to throw to X 8 #1 then 66 Combo strong second!
15. A 66 Combo Strong can be changed to a 26 Combo, and all C.P.s remain the same! Going to Y - must read buzz system weak!

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: FLARE Pattern: 866 Flares: FAN / UNDER

Halfback (Weakside)

Protection: S.P.U. BUCK Route: FAN Adj. Vs. Cov: NONE
Variation Routes: UNDER-DRAW-FLY-WIDE Dog Principle: NONE
Movement: HIP

C.P.s:
1. Buck dogs - take up the slack.
2. Buck drops - push upfield & roll out 7 yds. deep & stretch the zone!
3. As you roll outside, check for the ball!
4. As you get to wide area, stop and turn back to the QB.
5. Draw called by QB, release under OT!

Fullback (Strongside)

Protection: D.P.U. STUB Route: UNDER Adj. Vs. Cov. NONE
Variation Routes: DRAW/FAN/WIDE Dog Principle: NONE
Release: INSIDE Movement: NONE

C.P.s:
1. D.P.U. Stub. Mac & Stub dog, take up slack on Stub!
2. Mac drops, release at inside hip of Stub, push upfield 3 to 4 yds. & roll
3. Don't gain grnd. as you cross - Stay under the LB'ers. Kp. 'em close to L
4. If you have to, release under OT. Vs. 90 & 77 defenses, think inside relea
5. Don't rush your crossing pattern!

X or Q (Weakside Receiver)

Location: BASIC Route: 8 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: 7 - 9 - 5 Blitz Principle: S.A. Movement: NONE
Slot Route: 66 Twin Route: 66 Adj. Vs. Cov: FADE B & R COVERAGE

C.P.s:
1. Get to the move area as fast as you can! Attempt to turn corner outside!
2. Once breaking in on 8, don't flatten out. Hit the seam!
3. X should read B.L.S. for alert as to QBs intention!
4. You are the primary unless Jack drops deep middle or weak!
5. Cov. 2 or 8, burst on Jack!
6. Q positon - release outside within 3 yd. area!
   Be alert for variable route call!

Y or Slot (Middle Receiver)

Location: POC Route: 66 Release: INSIDE Adj. Vs. Cleo: NONE
Change Up Routes: 26 Dog Principle: NONE Blitz Principle: S.A.
TE at Q Route: 8-7-9 Adjs. Vs. Cov: NONE Movement: TIM

C.P.s:
1. Attempt to release inside! This is not a location 60 release!
2. Work upfield 12 to 15 yds. deep and come inside! Keep coming!
3. If Man - beat Sam. If Zone, find the holes as you cross!
4. QB is think Y #1 in progression strong!
5. Slot - get to the hash area as fast as you can!
6. Change up 26 call, release inside - push up 3 to 4 yds. and cross, anglin
   18 yds. deep!

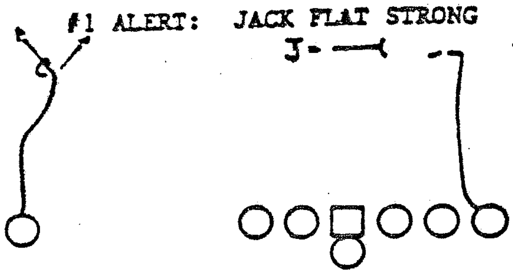
Z (Strongside Outside)

Location: BASIC Route: 66 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: 26 Blitz Principle: S.A. Movement: ZIN
Slot Route: 66 Twin Route: 66 Adj. Vs. Cov: NONE

C.P.s:
1. Gain maximum depth and width before coming inside!
2. Stick 'em at the top & come inside parallel to L.O.S. Don't gain ground!
3. You are most likely receiver vs. a variety of coverages!
4. Don't slow down while crossing. Look for the throwing lanes!
5. Be alert for 6 Buster.
6.

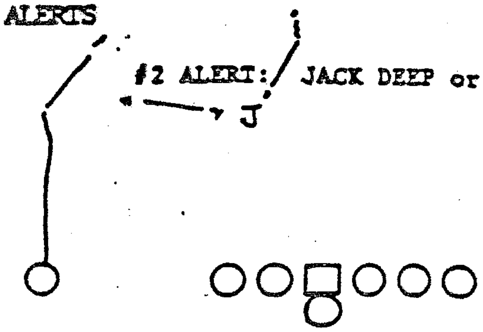
QUARTERBACK ALERTS

#1 ALERT: JACK FLAT STRONG



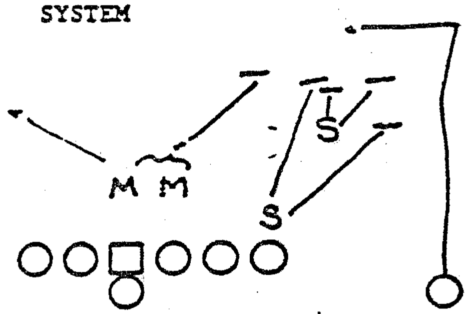
1. Cov. 3 or 5 show, think X 8 right now.
2. G.P. Play a lot of 3 or 7 - X put on 7!
3. X can be put on option 7 or 8!
4. Change up - put X on 5!

#2 ALERT: JACK DEEP or WEAK



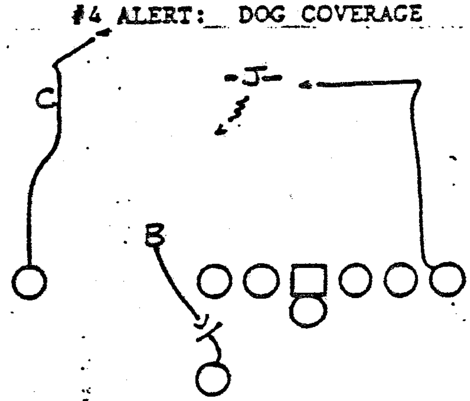
1. Jack deep or weak, forget X 8!
2. Think 66 Combo Strong!
3. Progress Y to Z!
4.

#3 ALERT: GOING STRONG - LOCATE BUZZ SYSTEM



1. Alert for Mac, Stub or Sam underneath!
2. 6 Buster is a problem-Concentrate on Sam!
3. Vs. Buster, have a good shot at Y!
4. Really be alert for Mac in Cov. 2 or 8! Esp. 2!

#4 ALERT: DOG COVERAGE



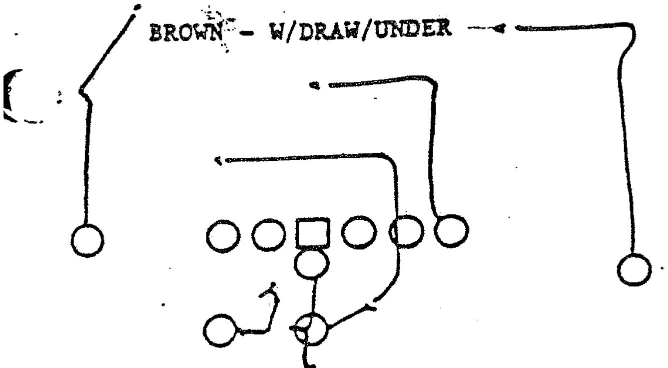
1. Dog coverage, think X post on 8!
2. Jack holds - reading QB - think X 8!
3. Forget Y!
4.

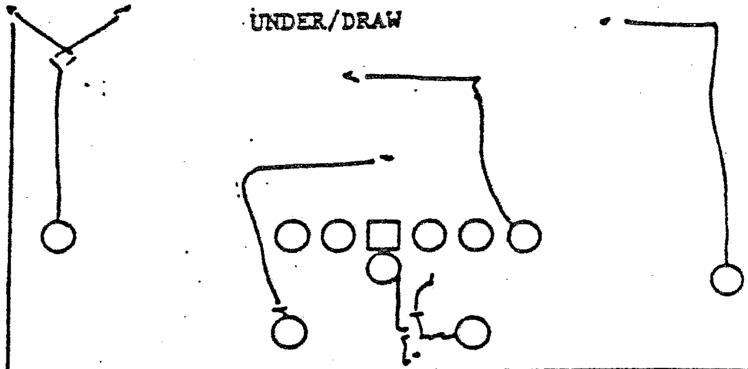
Pattern Best Vs. Cover: 9 - 3 - 5 - 1 - 4 - 6 - 2 - 7 - 8 (Ranked in Ord

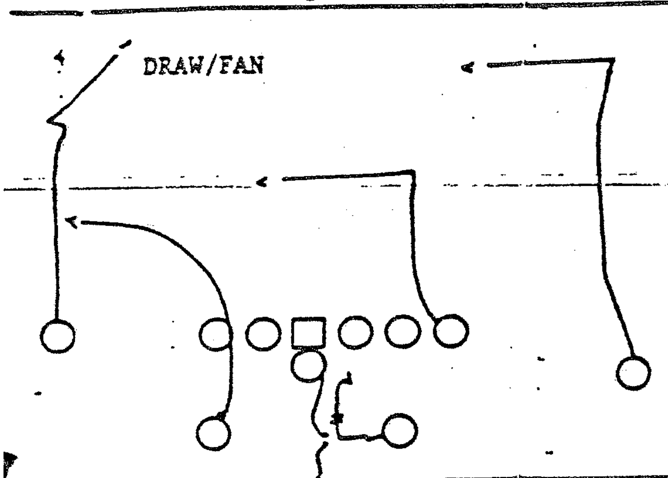
General Comments: This is our base way of getting the ball to X deep and still allow us to maintain a multiple coverage pattern strongside. It is an excellent slot patter using Q in place of X! Your thoughts are I'm going to X "unless" they take it away. Actually you will be throwing strong more than weak to X. The HB is a lay off man. The draw flare is used as a change-up both weak and strong!

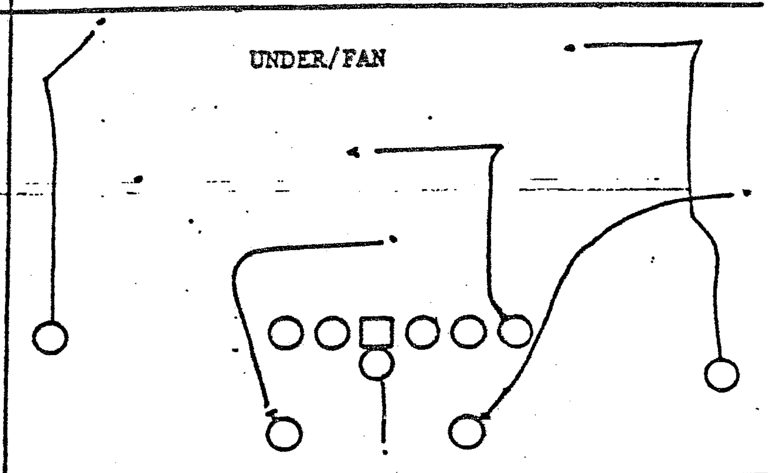
QB Notes:

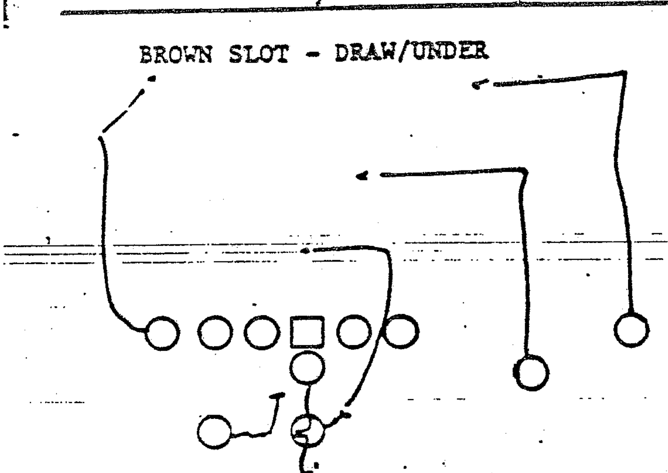
FORMATION VARIATIONS FOR PATTERN: FLARE 866 FAN/UNDER

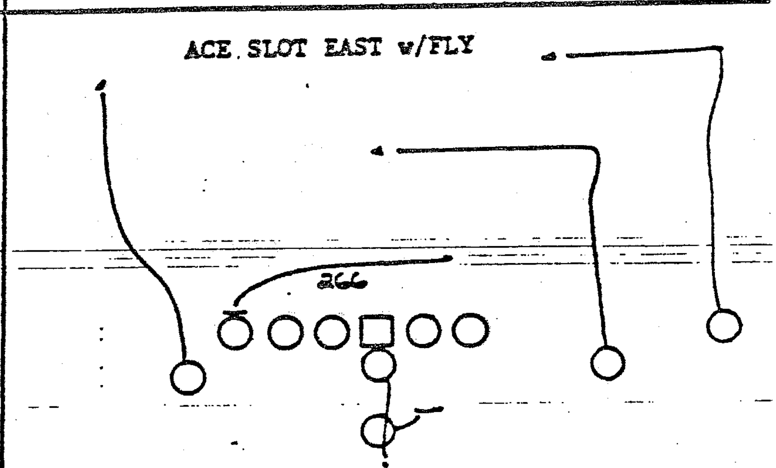


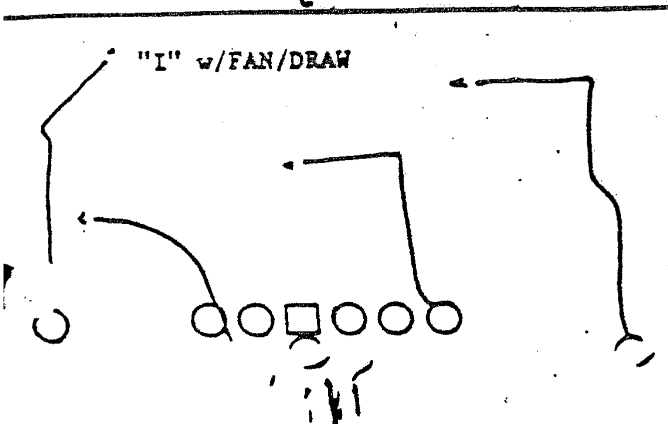


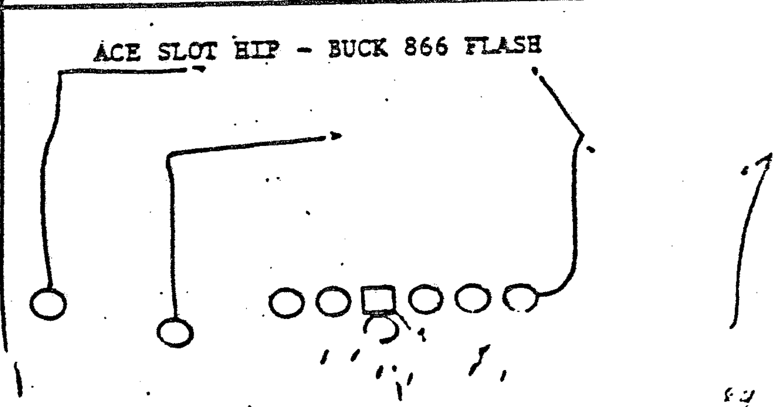




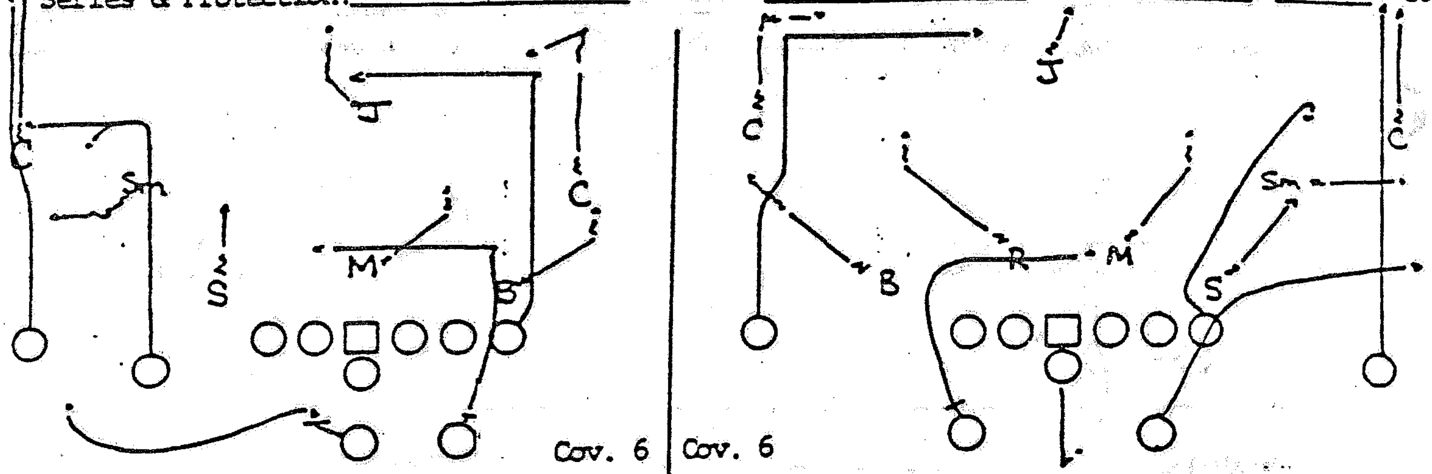








Series & Protection: FLARE Pattern: 639 Flare: UNDER / FLAT or LO[illegible]



Quarterback

P.S.L.: SAFETIES Read: SAM to BUZZ SYSTEM Drop: 7 & 2

Pattern Progression Wk: X or Q Progression Stg: FLAT = Y to X
LOOP = Y to FB

Blitz/Dog Principle: RECEIVERS S.A. SAFETY BLITZES!

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: 50 Z: FADES HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: 50 (STOP)

Rec. Adjs. Vs. Coverage: NO ADJUSTMENTS

Formation Variations:
1. BROWN
2. BROWN SLOT
3. ACE
4. ACE SLOT
5. SLOT/TWIN SPLIT (X)
6. "D" FORMATIONS
7. BROWN WING
8.

Series Variations: 1. NORTH 2. EAST 3. WEST

Rec Variations: X/Q: 8 / 7 / Y/S: / / Z: 8 / 7 /

RB Flare Variations: UNDER/LOOP - FLASH/LOOP - FLASH/FLAT - FLY/FLAT - BACKS STOP

Use of Movement: HIP/ZOOM

QB Coaching Points

1. Concentration on Sam's reaction to Y has to be disciplined!
2. Y will adjust route to Sam's coverage!
3. Sam M.F.M. Y will take on 1 on 1 & run 30 route 15 to 18 yds. deep!
4. Sam slides to outside 1/3, short or long, Y will stop up in the "crease".. (Like a 5.)
5. QBs initial reaction is to stay with Y but G.P. may move him backside to X!
6. Obvious strongside coverage - 3 or 5 - think X on 6! Y will stop vs. I & O!
7. B.L.S. shows "STAGE IS SET", read basic progression but be more aware of X!
8. Vs. double/double coverage (2 & 8) work between Y and X!
9. FB on Flat, he will appear ahead of Y and is not a good lay off!
10. FB on Loop, he will appear behind Y and be in agood lay off position!
11. Loop call, Y releases outside. Flat call, Y releases inside.
12. Must be aware that a corner can fall off fade into Y stop!
13. Know where Stub is underneath, especially if buster coverage!
14. Slot formation, keep O in your progression!

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: FLARE Pattern: 639 Flares: UNDER / FLAT or LOOP

Halfback (Weakside)
Protection: S.P.U. BUCK Route: UNDER Adj. Vs. Cov: NONE
Variation Routes: FLASH - FLY - STOP Dog Principle: NONE
Movement: HIP

C.P.s:
1. Buck dogs, take up the slack!
2. Buck drops, release at inside hip of buck. Push 3-4 yds. & roll inside!
3. Don't gain ground. Keep LB'ers close to the L.O.S.
4. If you have to release under OT! Vs. 50 def. think inside release!
5. Don't rush your route. Behind a Q-TE - release the same!

Fullback (Strongside)
Protection: D.P.U. STUB Route: FLAT or LOOP Adj. Vs. Cov. NONE
Variation Routes: STOP Dog Principle: NONE
Release: OUTSIDE Movement: FUM

C.P.s:
1. D.P.U. Stub. Mac & Stub dog, take up slack on Stub!
2. Flat flare - Release outside & stretch the zone for Y! Be ahead of Y!
3. Loop flare - Release slowly, allowing Y to get ahead of you!
4. A loop is a delayed wide. Be alert for the lay off! (Brown Set)
5.

X or Q (Weakside Receiver)
Location: BASIC Route: 6 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: 7 or 8 Blitz Principle: S.A. Movement: NONE
Slot Route: 39 Twin Route: 39 Adj. Vs. Cov: NONE

C.P.s:
1. Don't assume you are not a significant receiver in the pattern!
2. If you recognize coverage going away, be even more alert!
3. If you recognize the S.I.S. in your P.S.L. - consider yourself 1 on 1!
4. Gain maximum depth and maintain maximum width before coming inside!
5.
6.

Y or Slot (Middle Receiver)
Location: POC Route: 39 Release: FB FLARE Adj. Vs. Cleo: STOP
Change Up Routes: NONE Dog Principle: NONE Blitz Principle: S.A.
TE at Q Route: 6 Adjs. Vs. Cov: STOP VS. SAM READ Movement: NONE

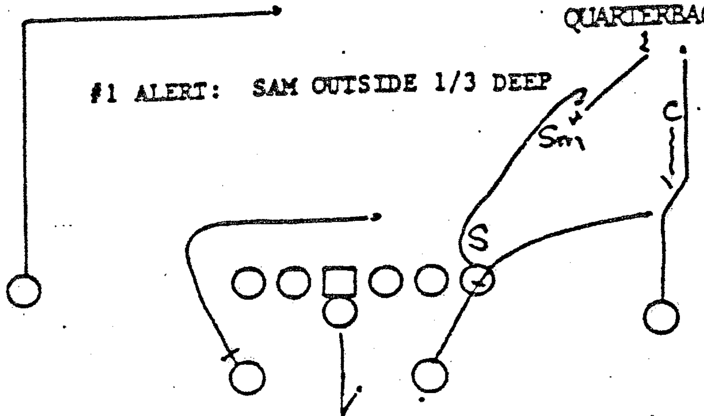
C.P.s:
1. Release accord to FBs Flare. Loop = Outside release. Flat = Inside
2. Don't get pushed more than 1 yd. out of your releasing lane!
3. Get on Sam and counter his movement. Zone-think "crease" Stop!
4. Man coverage, push 15 to 18 yds. and break on out!
5. Sam Cleo, push at him at same angle he is rotating, then stop!
6. Same principles for a slot!

Z (Strongside Outside)
Location: BASIC Route: 39 Release: VARY Adj. Vs. Cleo: FADE
Change Up Routes: 7 or 8 Blitz Principle: S.A. Movement: ZOOM/ZIN/ZOT
Slot Route: 39 Twin Route: 39 Adj. Vs. Cov: NONE

C.P.s:
1. Run a true 9 pattern, making the corner think you are the primary receiver!
2. Secondly, stretch the zone for Y to operate under you!
3. Don't get held up by a rotating corner!
4. Take a peak just in case the QB comes to you!
5. If called on an alternate route, you still have a stretch responsibility!
6.

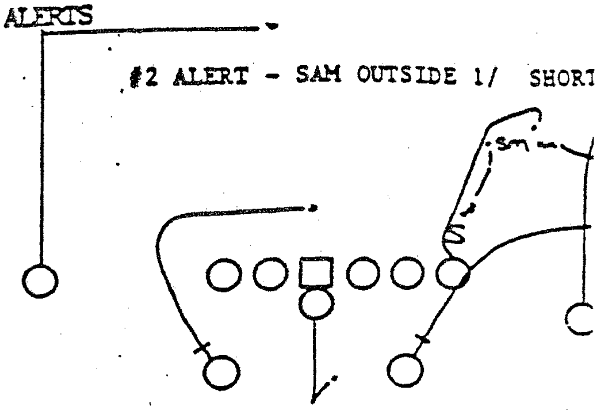
QUARTERBACK ALERTS

#1 ALERT: SAM OUTSIDE 1/3 DEEP



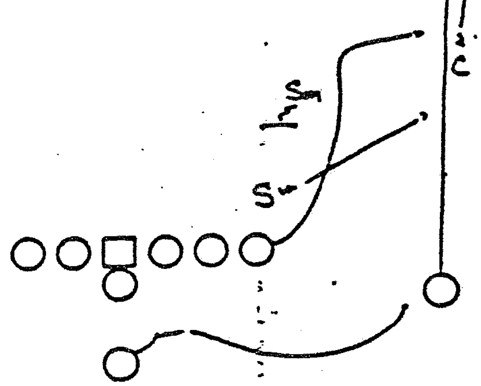
1. Sam/Stg Cor. Cleo - Y stops in crease!
2. Make sure corner can't fall back in on Y!
3. No throwing lane - alert for X!
4. Be alert for X 6 HB under Combo!

#2 ALERT - SAM OUTSIDE 1/ SHORT



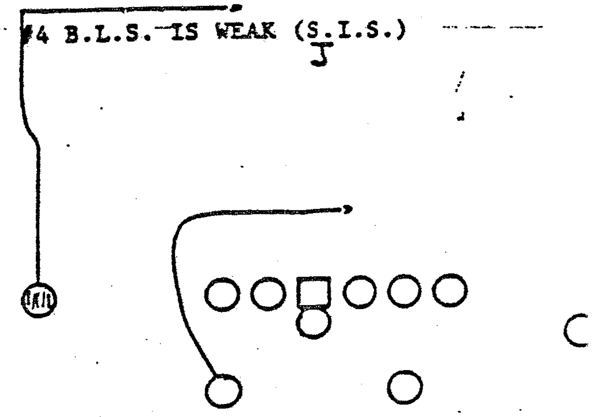
1. Sam inverts, Y will stop in crease!
2. Must be alert for Stub!
3. Sam lays off FB - Take him!
4. Be alert for X 6 HB under Combo!

#3 ALERT: BUSTER COVERAGE



1. If Brown Set - FB will be good lay off.
2. Buster - Y will stay with 30!
3. Vs. Buster - QB must see Stub! Use FB.
4.

#4 B.L.S. IS WEAK (S.I.S.)



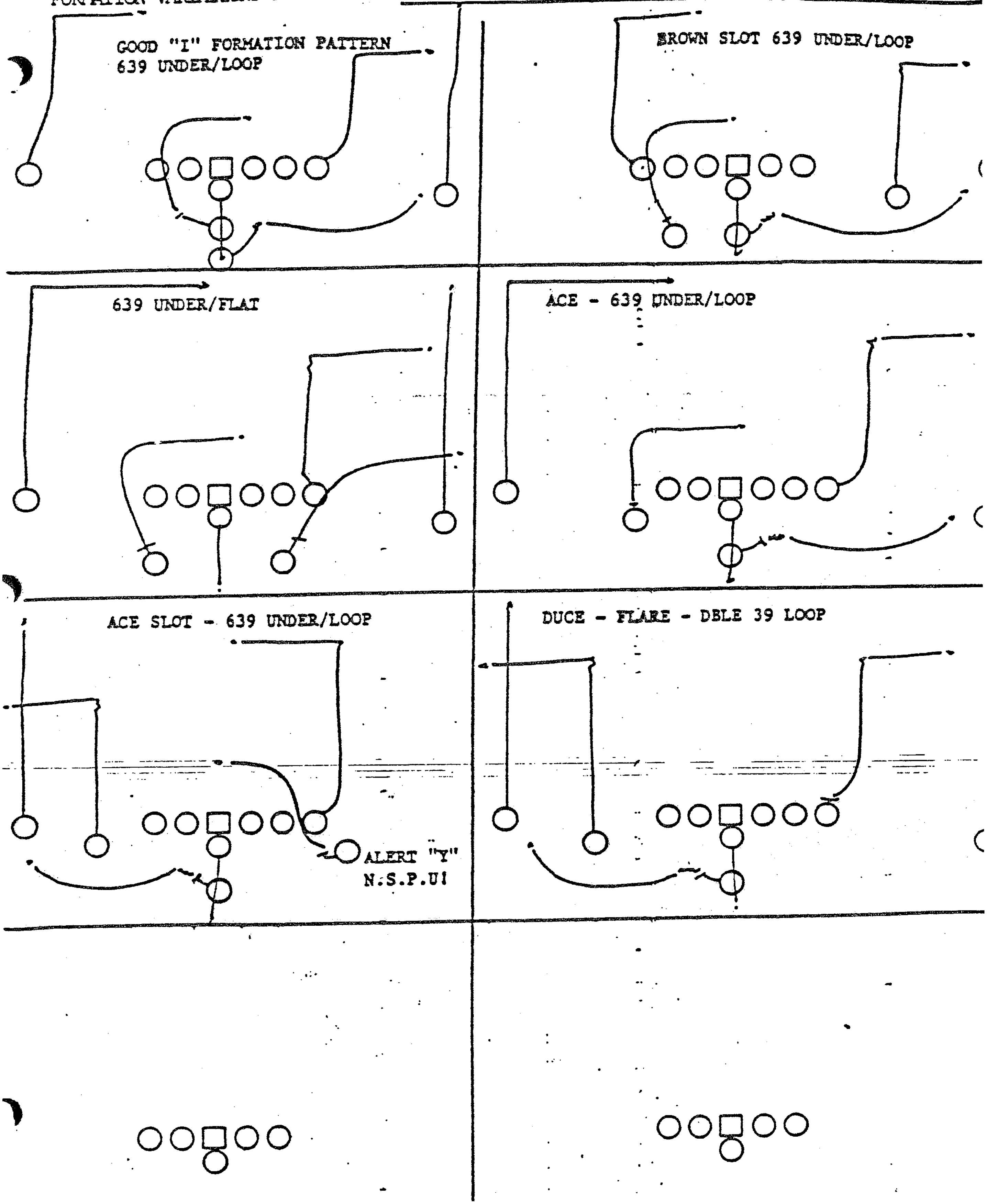
1. Jack deep middle (S.I.S.)
2. Consider X progression - G.P.!
3. Cov. 3 I & 0 - Y or Slot will stop!
4.

Pattern Best Vs. Cover: 6C - 4 - 2 - 1 - 7 - 9 - 8 - 3 - 5 (Ranked in Orde

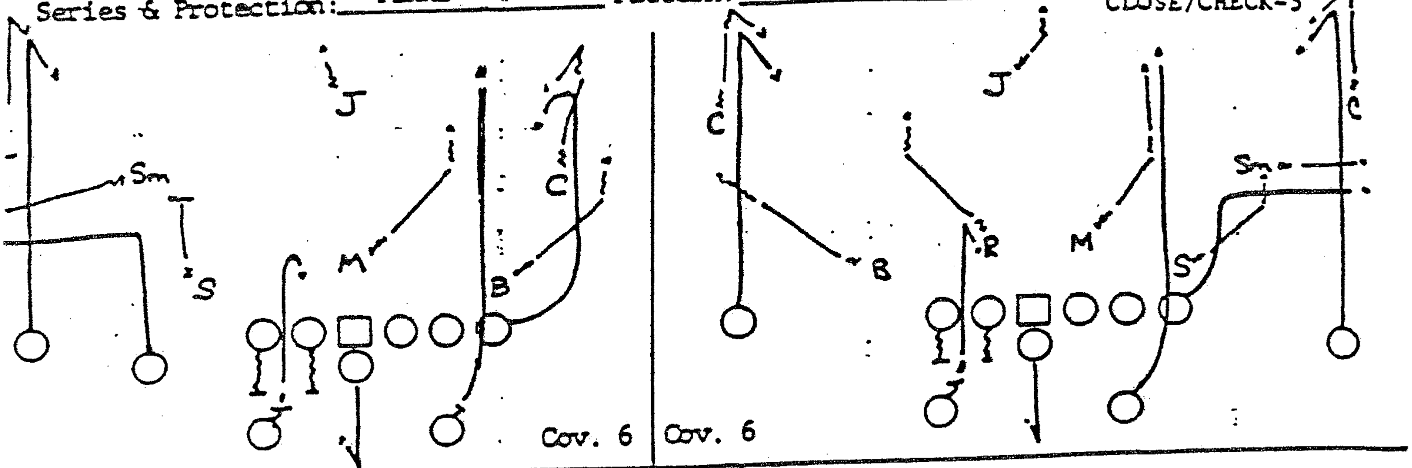
General Comments: This is a multiple coverage pattern that is strongside in the initial thought but weakside must always be kept alive! The fact that X is on a 6 coming in backside must keep the defense honest in their strongside coverage scheme! Concentration on Y and how he is releasing based on the FB flare is critical. The Loo is a fine lay off! Sam will tell you everything you have to know! From there, just be aware of how Stub co-ordinates his buzz with Sam's reaction! Z is strictly a stret man!

QB Notes:

FORMATION VARIATIONS FOR PATTERN: FLARE 639 UNDER/FLAT or LOOP



Series & Protection: FLARE Pattern: 414 Flare: CHECK 4/ CLOSE CLOSE/CHECK-5



Quarterback

P.S.L.: SAFETIES Read: BUZZ SYSTEM TO CALLSIDE Drop: 7 & 2

Pattern Progression Wk: HB to Y to Z Progression Stg: FB to Y to Z

Blitz/Dog Principle: RECs HOT VS. SAFETY BLITZES:

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: BURST HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: NONE - STAY WITH PATTERNS CALLED!

Formation Variations: 1. BROWN 2. BROWN SLOT
3. BLUE SLOT 4. ACE 5. ACE SLOT (HOW or HIP)
6. "D" FORMATIONS 7. 8.

Series Variations: 1. WEST 2. 3.

Rec Variations: X/Q: - / / Y/S: - / / Z: - / /

RB Flare Variations: NONE

Use of Movement: HIP - ZOOM - ZIN - ZOT - TIM - TOM!

QB Coaching Points: CALL THE HOLE CHECKING THROUGH! CHECK 4 OR 5!

1. Stride for 7 steps and settle in 2 steps. Really set up in 7, then shuffle 2 more!
2. Know what the coverage is strongside because you may have to use the 14 Combo strong!
3. Working weak, read Buck as you drop, looking for a Buck dog. HB will P.U. dog then ch[...]
4. Working strong, read Stub as you drop, looking for a Stub dog. FB will P.U. dog then ch[...]
5. If working strong vs. a 30 or 50 def., read Mac to Stub for Stub dog. P.U. mechanics. F[...] will che[...]
6. Checkdown taken away, think 14 Combo strongside!
7. The HB will take on a Buck dog, then release! FB does the same vs. a Stub dog.
8. Strongside vs. a 30 & 50, FB will only have to P.U. Stub if Mac also dogs!
9. Your only concern coverage-wise is zone or man! Man, a LB'er may "lock on" to checkin[...]
10. The RB will check away from coverage!
11. QB huddle call, Flare 414 check 4/Close - Flare 414 Close/Check 5!
12.

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: FLARE Pattern: 414 Flares: CHECK 4-CLOSE
CLOSE/CHECK-5

Halfback (Weakside) Called Receiver!
Protection: S.P.U. BUCK Route: CHECK Adj. Vs. Cov: NONE
Variation Routes: CLOSE IF BACKSIDE Dog Principl: P.U. THEN CHECKDOWN
Movement: HIP

C.P.s:
1. The only difference is when called to Ck. & buck dogs, don't take up the sla
2. Allow Buck to come to you, butt 'em down the middle and release best way!
3. Buck drops, hold in position until an OL works almost even with you.
4. Release to open area. If a LB'er locks on-beat 'em best way you can.
5. Dogging LB'er locks on, fight 'em to get lose! Check for back-up coverage man
6. Backside - S.P.U. buck and run close flare. Look over inside shoulder!

Fullback (Strongside)
Protection: D.P.U. STUB Route: CHECK Adj. Vs. Cov. NONE
Variation Routes: CLOSE IF BACKSIDE Dog Principle: P.U. THEN CHECKDOWN
Release: INSIDE 4 or 5 Movement: NONE

C.P.s:
1. Pick up as you would basic Flare protection.
2. If both Mac & Stub dog (30) P.U. stub then release! *Allow Stub to come to yo
3. Mac drops, slide inside & wait for OL to get almost even, then release!
4. Release to the open area! If LB'er locks on - beat 'em best way you can!
5. Dogging LB'er locks on, fight 'em to get lose! Ck. up for back-up coverage ma
6. Backside - S.P.U. and run close flare! Look over inside shoulder.

X or Q (Weakside Receiver)
Location: BASIC Route: 4 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: NONE Blitz Principle: S.A. Movement: NONE
Slot Route: 14 Twin Route: 14 Adj. Vs. Cov: TIM/TOM

C.P.s:
1. Get to your B.P. 20 yds. deep and come back to the ball!
2. As you come back to the ball, slide to the open throwing lane!
3. Ball thrown to a RB on Check, become a blocker!
4. Don't assume you won't get the ball! Disciplined pattern first!
5. Q position - exaggerate width of 4 route on release. Widen area!
6.

Y or Slot (Middle Receiver)
Location: POC Route: 14 Release: OUTSIDE Adj. Vs. Cleo: NONE
Change Up Routes: NONE Dog Principle: NONE Blitz Principle: S.A.
TE at Q Route: 4 Adjs. Vs. Cov: NONE Movement: NONE

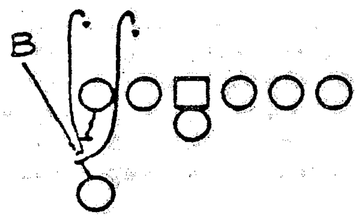
C.P.s:
1. Push off outside & upfield 6 yds. and break out!
2. Man coverage, beat Sam. Zone, stretch the zone horizontally!
3. Sam up, cross in front of him and stretch the zone!
4. The strongside 14 Combo is the back-up pattern for both HB or FB checks!
5. Run a good combination.
6. If slotted, line up inside basic split. All principles apply.

Z (Strongside Outside)
Location: BASIC Route: 14 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: NONE Blitz Principle: S.A. Movement: ZOOM/ZIN/ZOT
Slot Route: 14 Twin Route: 14 Adj. Vs. Cov: NONE

C.P.s:
1. Get to your B.P. 20 yds. deep and come back to the ball!
*2. As you come back to ball, be aware of Y or slot stretch!
3. Ball thrown to a RB on a Check, become a blocker!
4. The 14 Combo is the back-up pattern if the check is not there for both RBs!

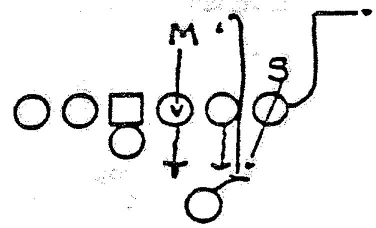
QUARTERBACK ALERTS

#1 ALERT: DOG TO CALL SIDE!



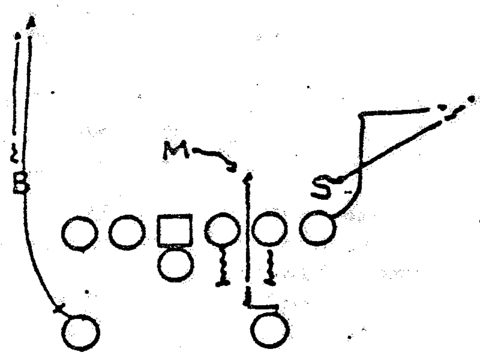
1. The HB will P.U. then check!
2. Be alert that a 2nd cov. man doesn't P.U. R.B.
3. Also, dogging LB'er may lock on!
4. Don't take up slack if Buck dogs!

#2 ALERT: 30 DEF. MAC/STUB



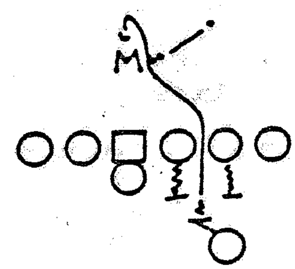
1. Strongside Vs. 30 or 50 - Read Mac to
2. Will tell you if FB has P.U.
3.
4.

#3 ALERT - NO DOG - MAN COVERAGE - LB'er SPY!



1. Man coverage & coverage man locks on to RB
2. Not open, don't force throw! Think Z!
3.
4.

#4 ALERT: RB WILL CHECK AWAY FROM COVERAGE



1. The checking back will slide to open
2.
3.
4.

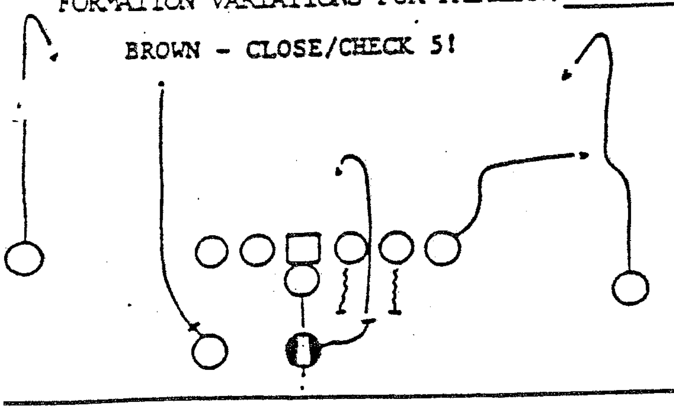
Pattern Best Vs. Cover: 2 - 4 - 6 - 9D - 3 - 5 - 7 - 1 - 8 (Ranked in Orde

General Comments: Checkdowns are best vs. deep dropping LB'ers, regardless of the coverage. In most coverages, zone LB'ers drop deeper and are less likely to lock on! This is the main reason you try to determine man or zone! As soon as you recognize man, you are more alert to include the 14 Combo in your progression! Use a screen set up technique if you know you are going to the check back! In many cases, a dog helps the checkdown as long as the dogger doesn't lock on or there isn't someone picking up if the back releases.

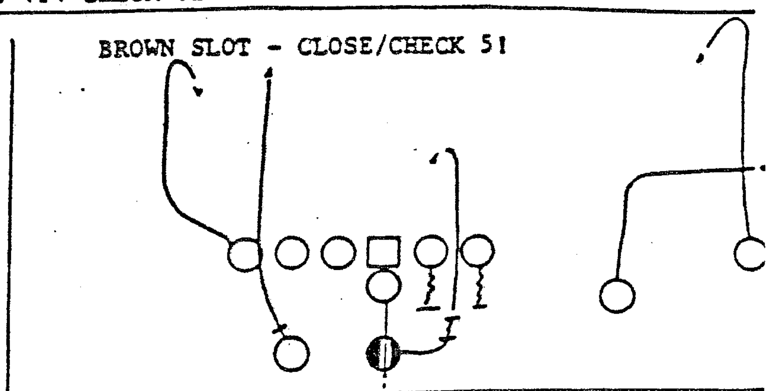
QB Notes:

FORMATION VARIATIONS FOR PATTERN: FLARE 414 CHECK CLOSE - CLOSE CHECK

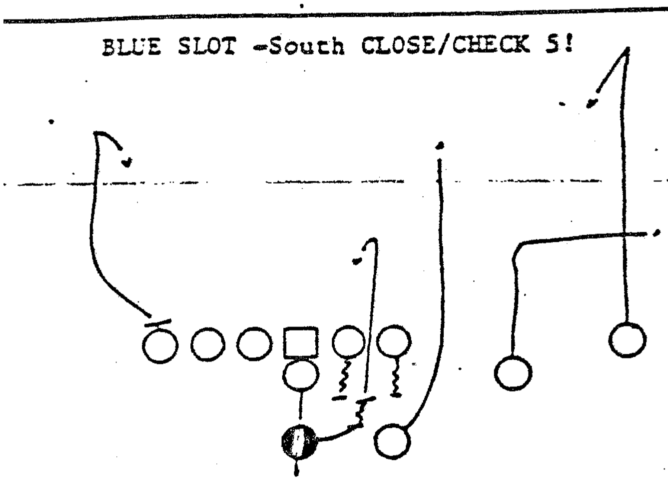
BROWN - CLOSE/CHECK 5!



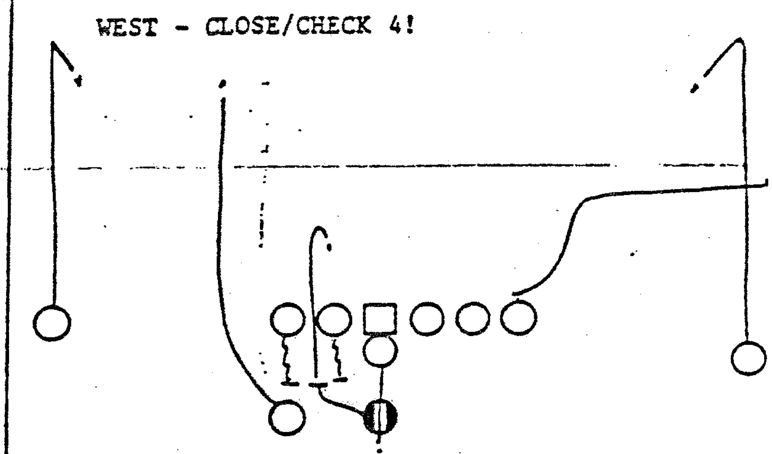
BROWN SLOT - CLOSE/CHECK 5!



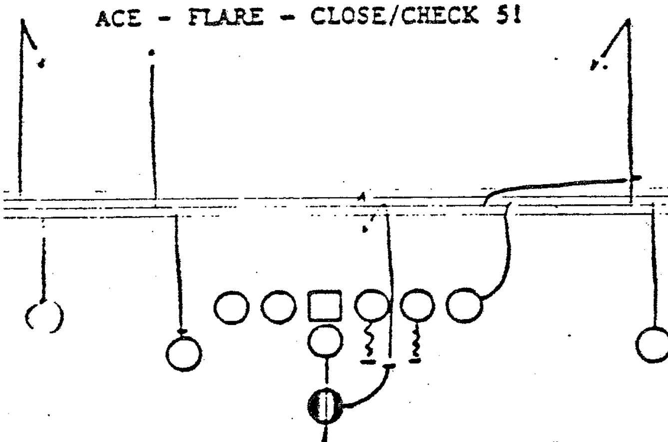
BLUE SLOT -South CLOSE/CHECK 5!



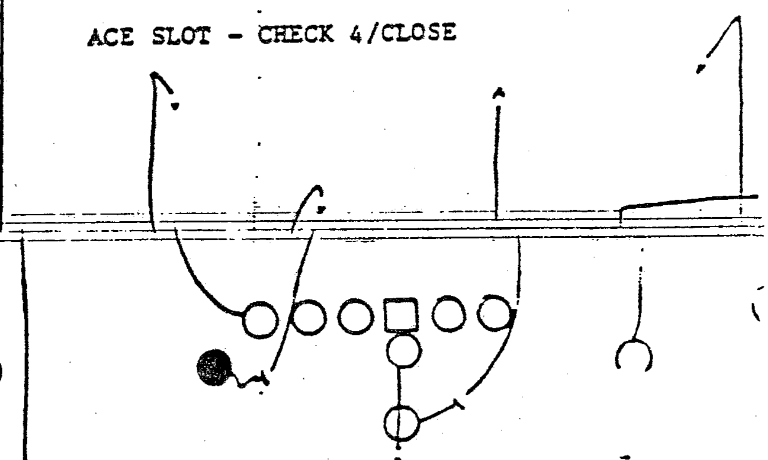
WEST - CLOSE/CHECK 4!



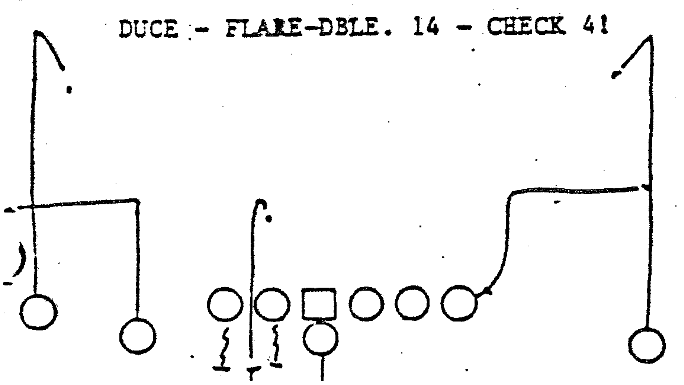
ACE - FLARE - CLOSE/CHECK 5!



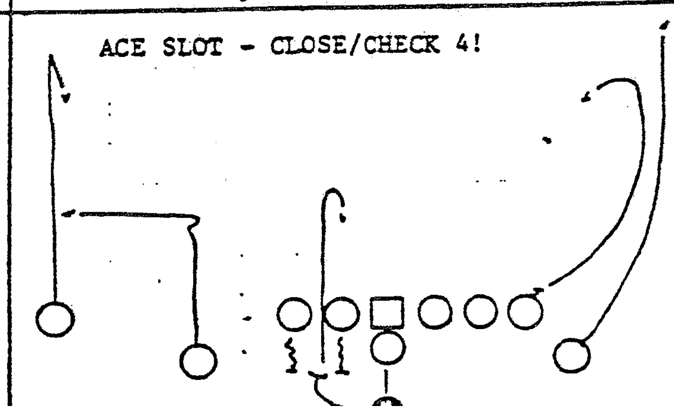
ACE SLOT - CHECK 4/CLOSE



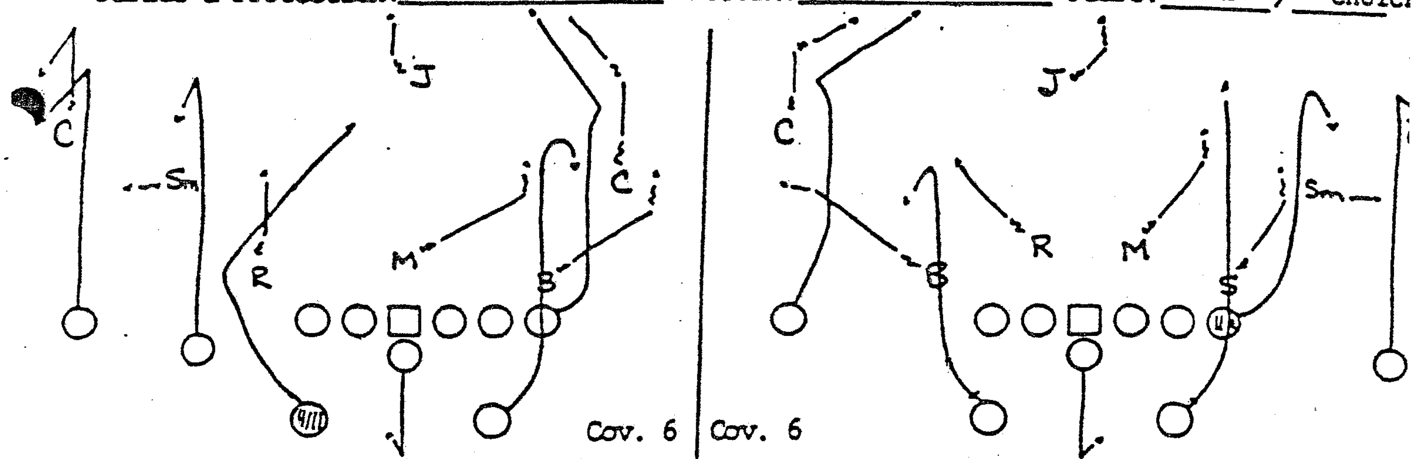
DUCE - FLARE-DBLE. 14 - CHECK 4!



ACE SLOT - CLOSE/CHECK 4!



Series & Protection: FLARE Pattern: 853 (ABLE 98) Flare: BACKS / CHOICE



Quarterback

P.S.L.: SAFETIES Read: B.L.S. TO MAC Drop: 7 & 2

Pattern Progression Wk: HB TO X Progression Stg: FB TO Y TO Z

Blitz/Dog Principle: RECEIVERS S.A. SAFETY BLITZES

Rec. Adjs. Vs. Cleo = X/Q: *FADE Y/Slot: NONE Z: FADE HB: STOP

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: NO ADJUSTMENTS

Formation Variations: 1. FORMS OF SLOT 2. GREEN
3. SLOT/TWIN SPLIT 4. 5.
6. 7. 8.

Series Variations: 1. FIRM 2. WEST 3.

Rec Variations: X/Q: 5 - 9 Y/S: - Z: -

RB Flare Variations: WEST - CHOICE/WIDE

Use of Movement: ZOOM - ZIN - ZOT - ZEB - TOM - TIM

QB Coaching Points

1. Take a 7 & 2 drop but be prepared to set at any time the RB comes open!
2. 40 front - a Mac to read - work opposite him to the RB!
3. Mac weak - think FB to Y 50 to Z 3! Read Stub & Sam!
4. Mac strong - think HB. Read Buck!
5. Multiple LB'er defense (30) work strong combination regardless.
6. LB'ers dog - think first X on 8 otherwise Z on 3!
7. Cover 2 or 8 - think strongside!
8. The HB's choice is a 3 way choice. Angle #1 - Out #2 - Stop #3!
9. The FB when running a mirrored choice does not have th out or stop choice. Angle or
10. Alert for forms of Cover 3 & 5. Jack may end up on up inside!
11.
12.

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: FLARE   Pattern: 853   Flares: BACKS   CHOI

Halfback (Weakside)
Protection: S.P.U. BUCK   Route: CHOICE   Adj. Vs. Cov: NONE
Variation Routes: NONE   Dog Principle: NONE
Movement: NONE

C.P.s:
1. S.P.U. Buck on the move. Read Mac - coming toward or away?
2. You have a choice of an "Angle" - Out or Stop!
3. First thought is to try and beat Buck underneath on "Angle".
4. If you can't get underneath Buck, then run an "Out"
5. If Zone, stop it up according to Buck's drop or weak corner.
6. Mac goes strong - angle inside the same angle he leaves you!

Fullback (Strongside)
Protection: D.P.U. STUB   Route: CHOICE   Adj. Vs. Cov. NONE
Variation Routes: NONE   Dog Principle: NONE
Release: INSIDE   Movement: NONE

C.P.s:
1. Check Mac if he drops weak try to beat Stub on an "Angle"
2. Come inside at same angle Mac is dropping.
3. If Mac comes to you straighten up and run a "Close"
4. Your choice is between an "Angle" or a "Clo-" as Y is on a 53.
5. Don't get too close to Stub enabling him to take you on physically.

X or Q (Weakside Receiver)
Location: BASIC   Route: 8   Release: VARY   Adj. Vs. Cleo: * FADE
Change Up Routes: 5 - 9   Blitz Principle: S.A.   Movement: NONE
Slot Route: 53   Twin Route: 53   Adj. Vs. Cov: FADE B & R COVERAGE

C.P.s:
1. Get to the move area as fast as you can. Attempt to turn cor. outside
2. Once breaking in on 8, don't flatten out. Hit the seam.
3. Fade the 8 because the HB is running a Ch- -e route.
4. Vs. Dog and HB is blocking Buck, the QB is working to you on Post.
5. Q Position - release outside within three yard area.
6.

Y or Slot (Middle Receiver)
Location: DBL. POC   Route: 53   Release: OUTSIDE   Adj. Vs. Cleo: NONE
Change Up Routes: NONE   Dog Principle: NONE   Blitz Principle: S.A.
TE at Q Route: 8   Adjs. Vs. Cov: NONE   Movement:

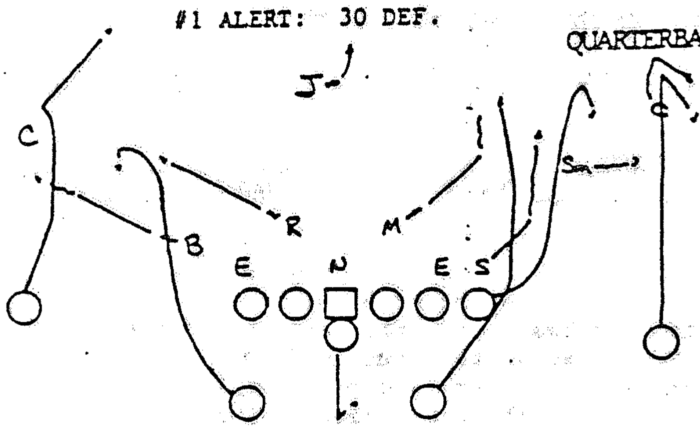
C.P.s:
1. Release outside and beat Sam on your 53 route.
2. Mac goes weak. QB is reading STub to work between you and FB.
3. A lot of times the QB works to "Y" when going strong.
4.
5.
6.

Z (Strongside Outside)
Location: BASIC   Route: 53   Release: VARY   Adj. Vs. Cleo: FADE
Change Up Routes: NONE   Blitz Principle: S.A.   Movement:
Slot Route: 53   Twin Route: 53   Adj. Vs. Cov: NONE

C.P.s:
1. Push to 15 yards deep and bring it back to 10/12 yds.
2. Fade vs. Cleo
3. Stay outside at all cost as "Y" is running a 53 Route.
4.
5.
6.

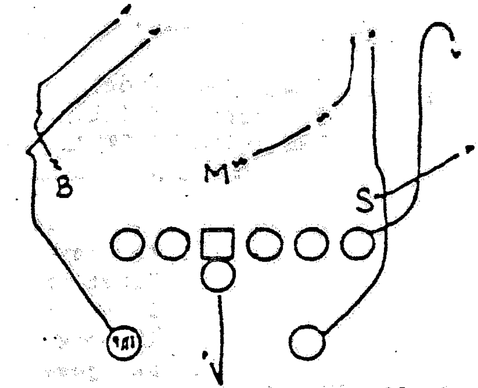
QUARTERBACK ALERTS

#1 ALERT: 30 DEF.



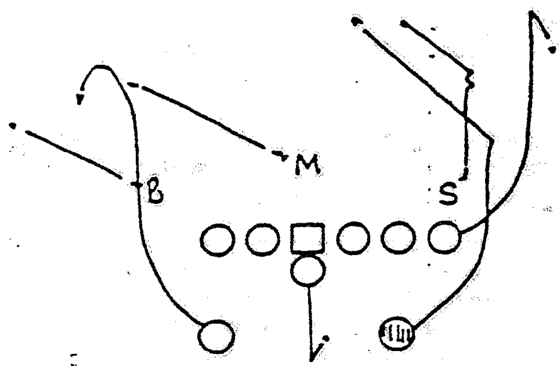
1. As soon as you see a 30 - go strong!
2. Work between Y & Z!
3.
4.

#2 ALERT: MAC STRONG



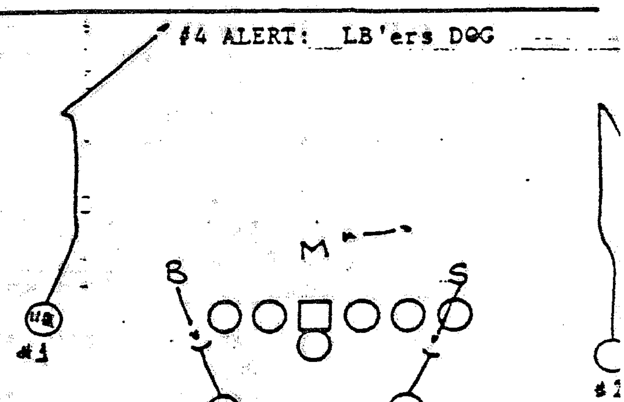
1. Mac drops strong - think HB all the way
2. He has <u>Out</u>/<u>Stop</u>/or <u>Angle</u> choice
3. HB is thinking angle #1!
4.

#3 ALERT - MAC WEAK



1. Mac weak think FB 1st on Angle!
2. If he can't get under Stub - think 53 Combo
3. Alert weak drop - Cover 3 - Jack on FB!
4.

#4 ALERT: LB'ers DOG



1. RBs are in S.P.U.
2. LB'ers dog - they have to block.
3. Think X on 8 first - Z 3 2nd!
4.

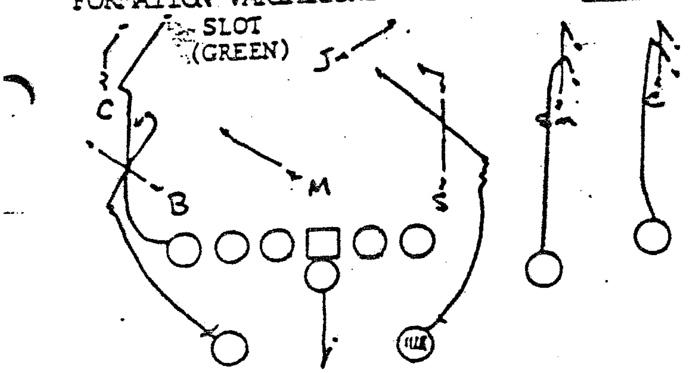
Pattern Best Vs. Cover: 1 - 6 - 7 - 4 - 2 - 8 - 3 - 5 - 9 (Ranked in Order

General Comments: Your basic thought is to play catch with the RBs. The RBs are attacking the Buzz System. You have a sound strongside combination so don't panic like what you see in terms of LB'er coverage.

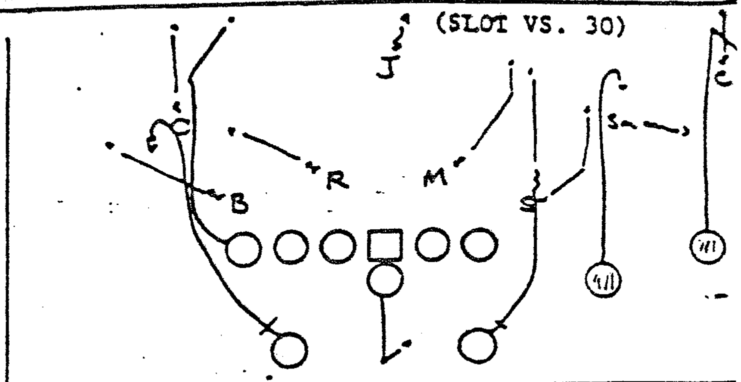
QB Notes:

FORMATION VARIATIONS FOR PATTERN: FLARE - 853 BACKS CHOICE

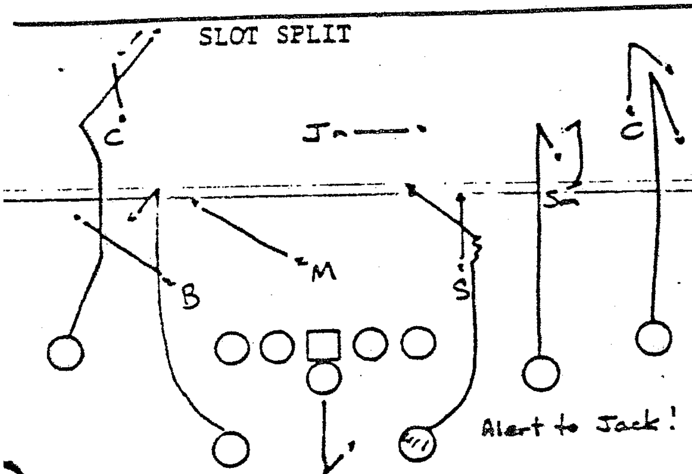
SLOT (GREEN)



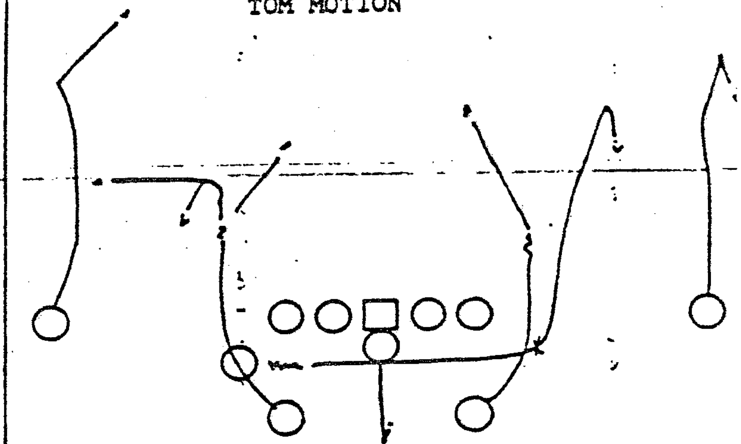
(SLOT VS. 30)



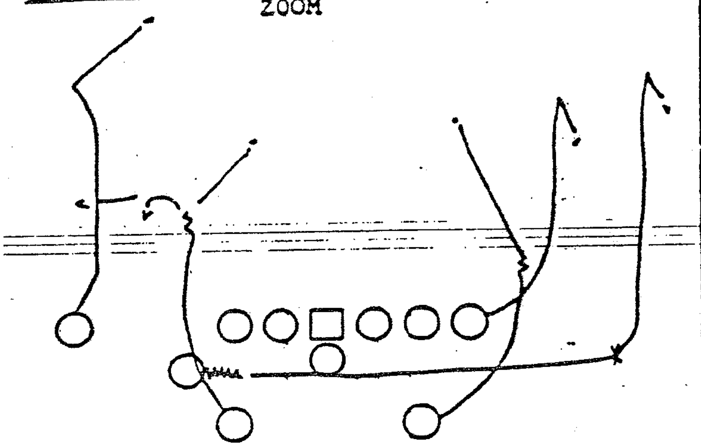
SLOT SPLIT



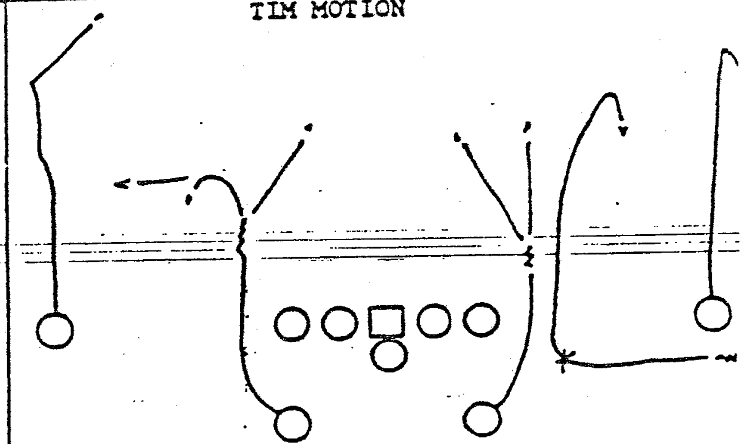
TOM MOTION



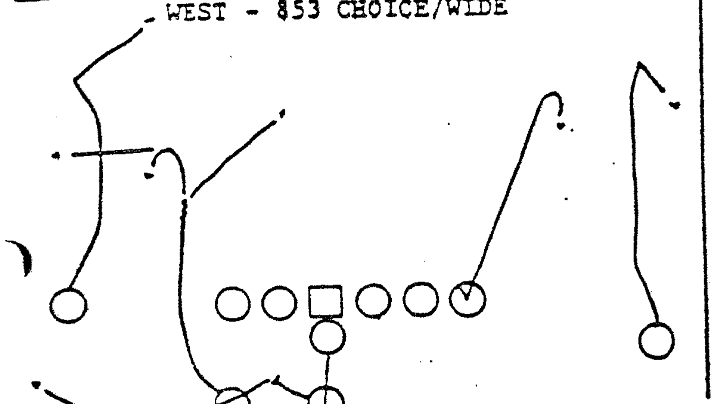
ZOOM



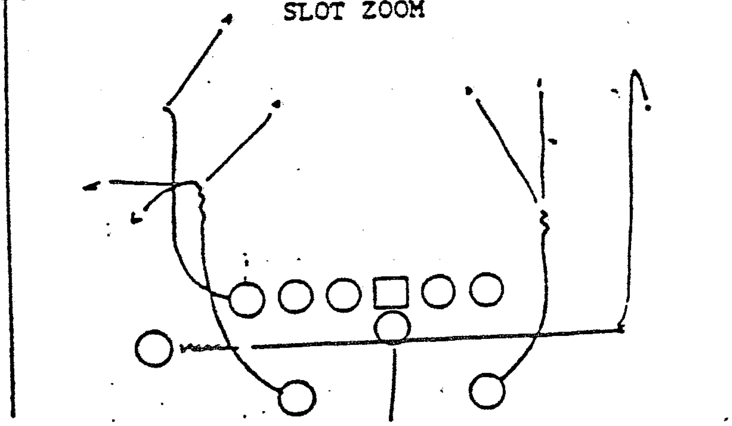
TIM MOTION



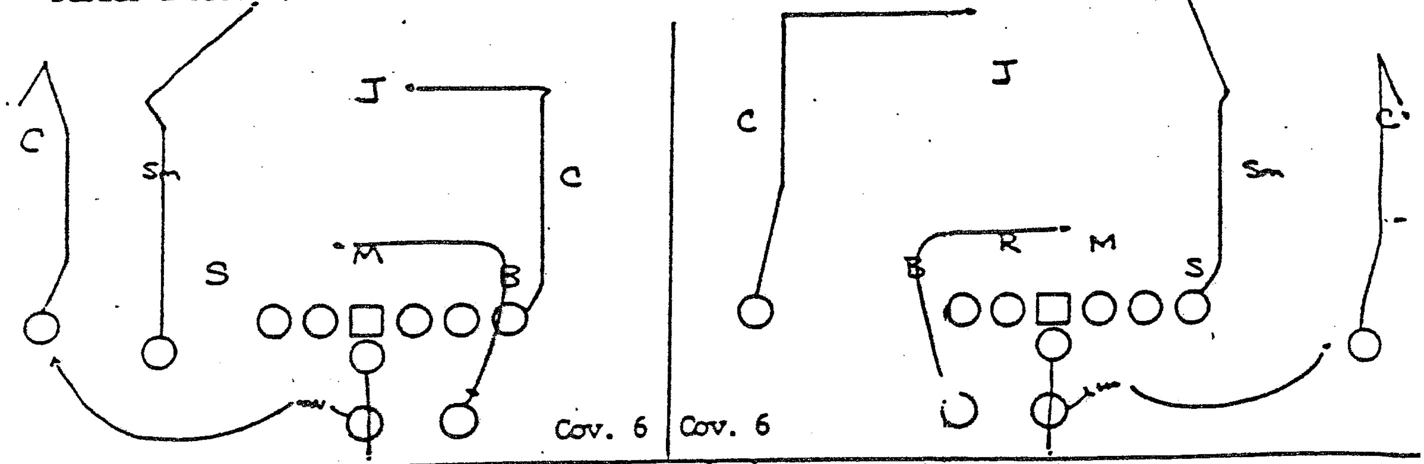
WEST - 853 CHOICE/WIDE



SLOT ZOOM



Series & Protection: FLARE Pattern: 683 (93) Flare: UNDER / LOOP



Quarterback

P.S.L.: SAFETIES Read: B.L.S. JACK to SAM Drop: 7 & 2

Pattern Progression Wk: X to FB Progression Stg: Y to Z to FB

Blitz/Dog Principle: RECEIVERS S.A. SAFETY BLITZES

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: FADE HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: NONE

Formation Variations:
1. ACE SLOT
2. ACE SLOT HOW
3. ACE SLOT HIP
4. SLOT/TWIN SPLIT
5. ACE
6. "D" FORMATIONS
7.
8.

Series Variations: 1. EAST 2. BUCK 3.

Rec Variations: X/Q: Y/S: 93 / / Z:

RB Flare Variations: UNDER/DRAW

Use of Movement: HIP/FUM

QB Coaching Points

1. Concentrate on Jack's reaction to X 6 and Y's 8!
2. Your initial thought is Y deep unless Jack takes it away!
3. Z comes into the pattern vs. Cov. 7 = Y to Z progression!
4. The pattern is designed to put Jack on an island! Make him wrong!
5. The FB becomes an outlet regardless of read!
6. Once Jack's drop is determined, pick up Sam. This prevents going to Y vs. Cov. 4!
7. Cov. 4 shows, think X burst 6 to FB lay off!
8. Y's change up route is a 93 Combo!
9. If the S.I.S. by reading B.L.S. just concentrate on X and the buzz system!
10. Protection problems, go to East protection!
*11. Set the formation short field when in a Brown set!
12. 693 call, read the same as 683!

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: FLARE Pattern: 683 (93) Flares: UNDER / LOOP

Halfback (Weakside)
Protection: S.P.U. BUCK Route: UNDER Adj. Vs. Cov: NONE
Variation Routes: FLY/IN Dog Principle: NONE
Movement: HIP

C.P.s:
1. Buck dogs, take up the slack.
2. East call - D.P.U. Buck off a Rover check!
3. Don't gain ground. Keep the LB'ers close to L.O.S.!
4. If you have to, release under OT! Vs. 50 def. think inside release!
5. Ace Slot How set - In space, deepen IN route to 13/15 yds.!

Fullback (Strongside)
Protection: D.P.U. STUB Route: LOOP Adj. Vs. Cov. NONE
Variation Routes: DRAW Dog Principle: NONE
Release: OUTSIDE Movement: FUM.

C.P.s:
1. D.P.U. Stub. Mac & Stub dog, take up the slack on Stub!
2. Stub drops, release slowly, timing a late lay off!
3. Loop is a delayed wide.
4. Draw call, fake draw with same D.P.U.!
5.

X or Q (Weakside Receiver)
Location: BASIC Route: 6 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: NONE Blitz Principle: S.A. Movement: NONE
Slot Route: 83/93 Twin Route: 83/93 Adj. Vs. Cov: NONE

C.P.s:
1. Don't assume you are not a significant receiver in the pattern!
2. If you recognize coverage going away, be even more alert!
3. If you recognize the S.I.S. in your P.S.L. - consider yourself 1 on 1!
4. Gain maximum depth and width before you come inside!
5. Q position release outside and widen the formation 3 yards and no more!
6.

Y or Slot (Middle Receiver)
Location: POC Route: 83 Release: OUTSIDE Adj. Vs. Cleo: NONE
Change Up Routes: 93 Dog Principle: NONE Blitz Principle: S.A.
TE at Q Route: 6 Adjs. Vs. Cov: NONE Movement: NONE

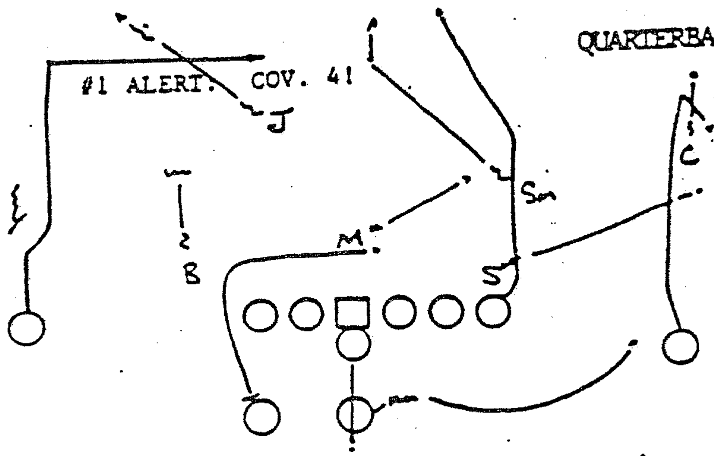
C.P.s:
1. Release outside, widening your position no wider than 3 yds.
2. Gain depth and width at the same time!
3. Push upfield reading Sam's coverage. M.F.M. beat Sam to the post!
4. The reason for the 3 yd. outside release is to increase the distance betw you
5. Don't flatten your post move back into Jack.
6. Jack goes deep middle, keep him there & allow X to come under the post ro
7. Hit the seam vs. Cov. 2 or 8!

Z (Strongside Outside)
Location: BASIC Route: 83 Release: VARY Adj. Vs. Cleo: FADE
Change Up Routes: NONE Blitz Principle: S.A. Movement: ZOOM/ZIN/ZOT
Slot Route: 83 Twin Route: 83 Adj. Vs. Cov: FADE VS. B & R

C.P.s:
1. Push to 15 yds. deep and bring it back to at least 12 yds.!
2. Control corner! Don't allow him to fall off inside!
3. Don't assume you won't get the ball!
4. Door shut outside, keep corner there by staying with out!
5.
6.

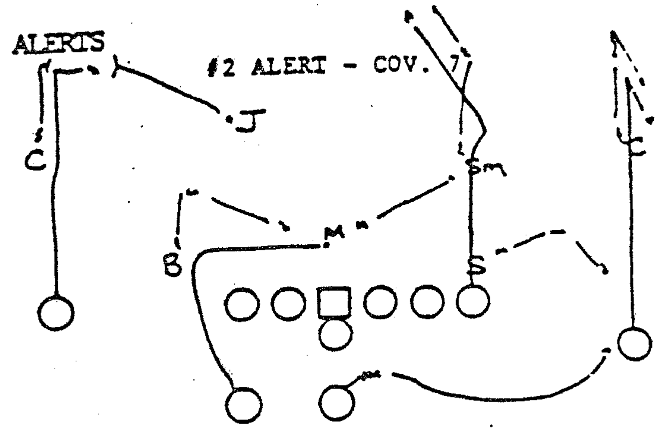
QUARTERBACK ALERTS

#1 ALERT: COV. 4!



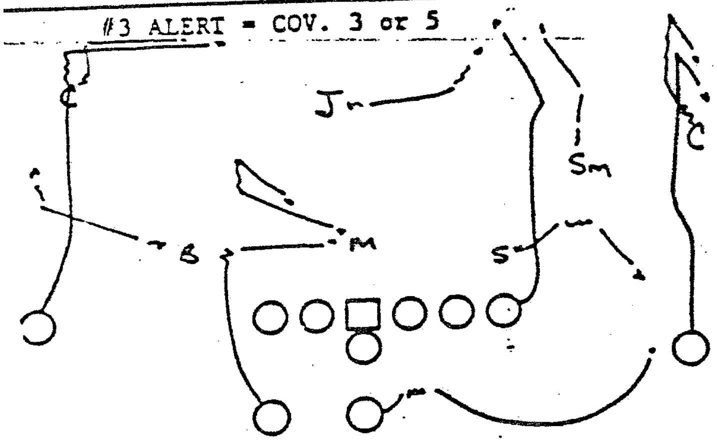
1. As soon as Jack goes Wk - check Sam!
2. Sam deep middle - X burst 6!
3. Don't attempt to go to Y!
4. G.P. may have you go to Z 3!

#2 ALERT - COV. 7



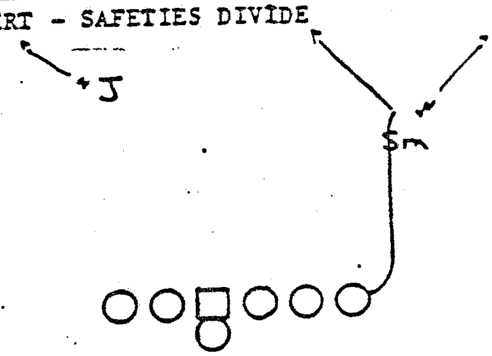
1. Cov. 7 shows - dble on X - think Y to Z!
2.
3.
4.

#3 ALERT = COV. 3 or 5



1. Jack flat stg - think X on 6!
2.
3.
4.

#4 ALERT - SAFETIES DIVIDE



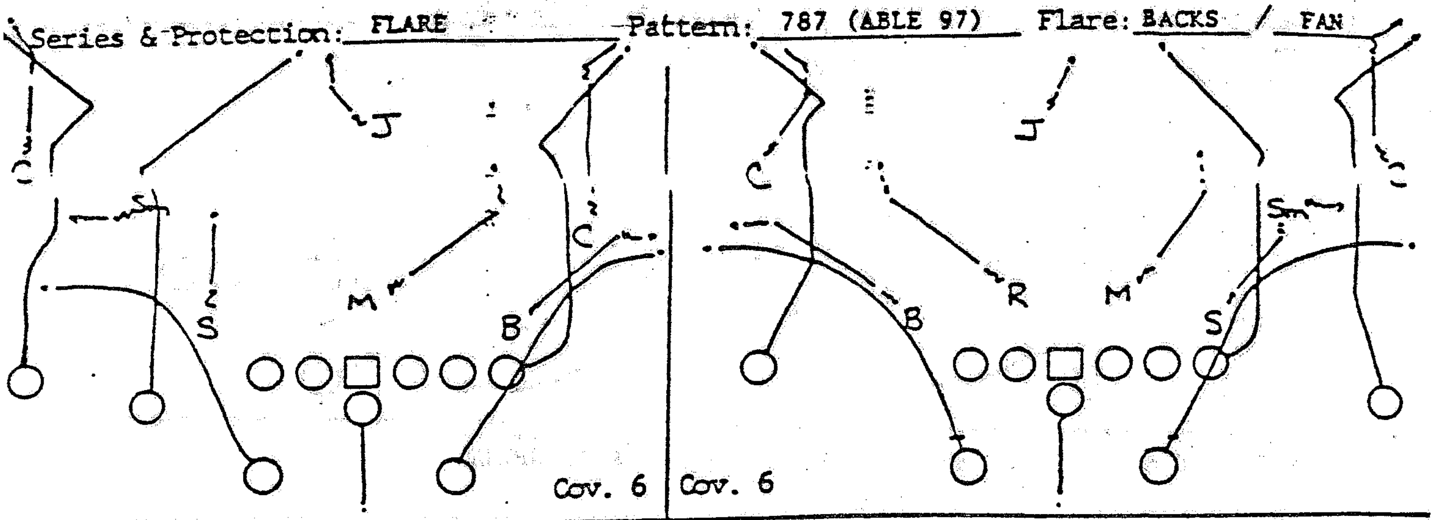
1. Cov. 2 or 8 - Think Y on 8 to X under Y
2.
3.
4.

Pattern Best Vs. Cover: 9 - 7 - 3 - 5 - 2 - 8 - 6 - 1 - 4 (Ranked in Order)

General Comments: This pattern is a multiple coverage pattern that is best vs. coverages that do not include a free safety deep middle! You are working behind Jack with the Cov. 4 exception! Just don't force the ball deep middle vs. a free safety! Also, don't go deep middle late regardless of coverage - confused, lay it off!

QB Notes:

Series & Protection: FLARE Pattern: 787 (ABLE 97) Flare: BACKS / FAN



Quarterback

P.S.L.: SAFETIES Read: B.L.S. TO JACK TO ON-CORNER Drop: 7 & 2

Pattern Progression Wk: X TO Y Progression Stg: Z TO Y TO FB

Blitz/Dog Principle: RECEIVERS S.A. SAFETIES BLITZES

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: BURST HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: NO ADJUSTMENTS

Formation Variations:
1. BROWN
2. I
3. BLUE
4. ACE
5. ACE SLOT
6. SLOT SPLIT/TWIN
7. "D" FORMATIONS
8.

Series Variations: 1. FIRM 2. WEST 3. SOUTH

Rec Variations: X/Q: NONE Y/S: NONE Z: 3

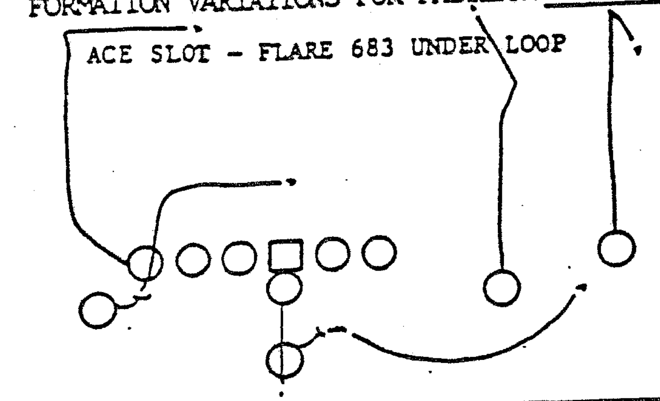
RB Flare Variations: BACKS WIDE: FAN/UNDER WEST = FAN/CHECK

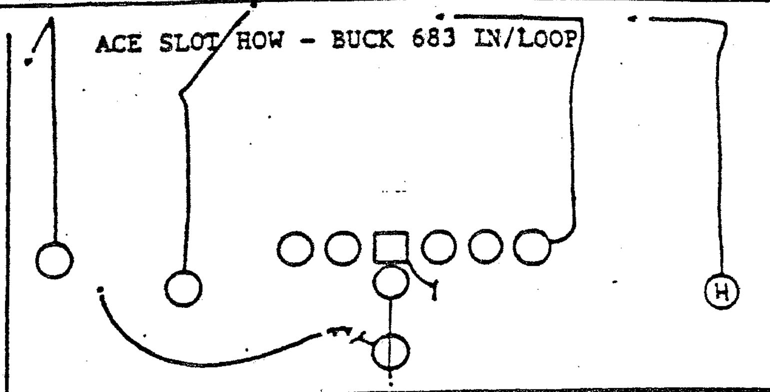
Use of Movement: ZOOM - <u>ZIN</u> - ZOT - ZEB - TIM - TOM - HIP - FIP

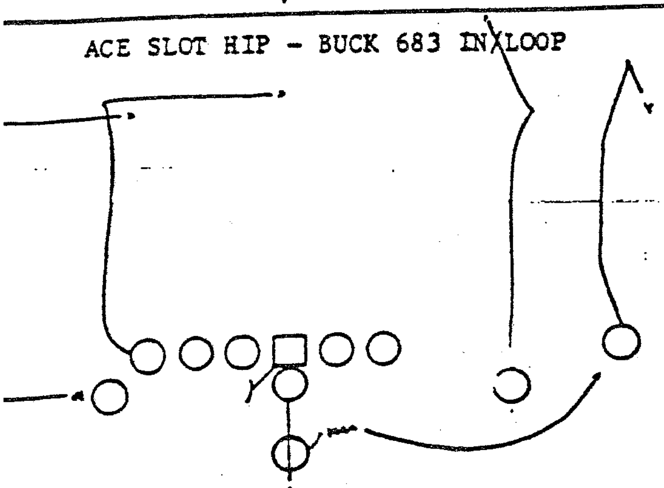
QB Coaching Points

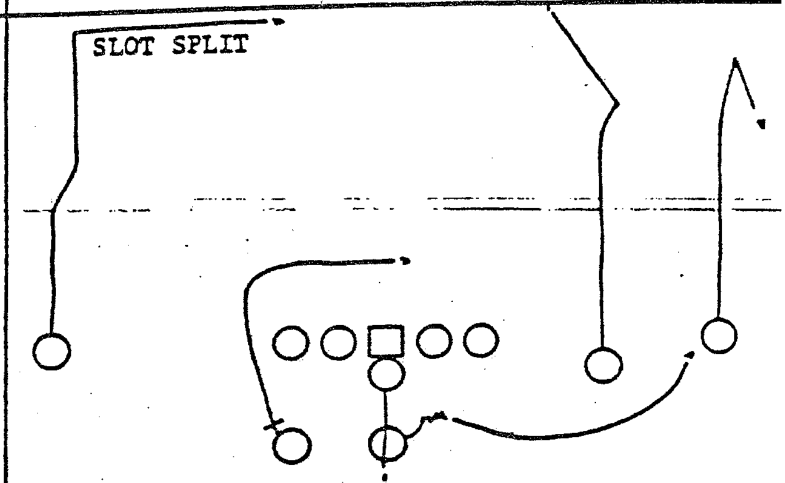
1. Stride for 7 & settle in 2 steps!
2. Working inside plus 20 may move series to a Firm call when we don't have depth!
3. Work behind Jack!
4. Cover 2 or 8, think Y to Z!
5. Keep the ball over the outside shoulder. "Meet me at the corner" type throw!
6. Better man coverage pattern.
7. Vs. Zone, the WR may have flatten corner into out route if corner drops off deep!
8. This is a very good slot pass, working between the Q and slot man!
9. Must really study WR working too! Individuals run corner routes differently! Hard to discipli
10. Vs. a Cluer, the WR working too! Individuals run cor. rts. differently!
11. Cover 7, try to get to Y #1 the Z #2!
12.

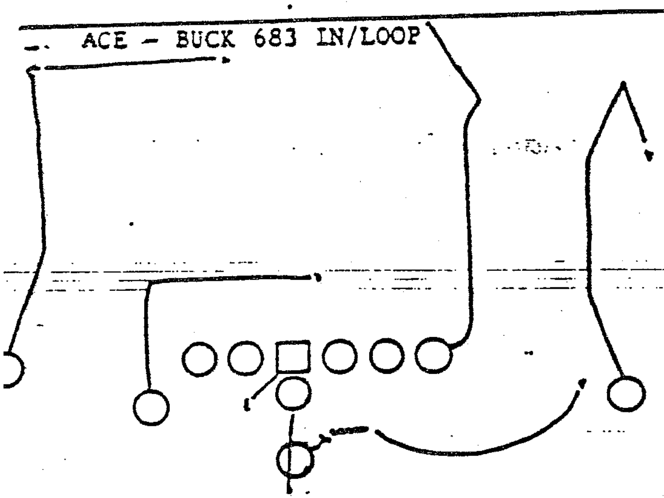
FORMATION VARIATIONS FOR PATTERN: FLARE 683 UNDER/LOOP

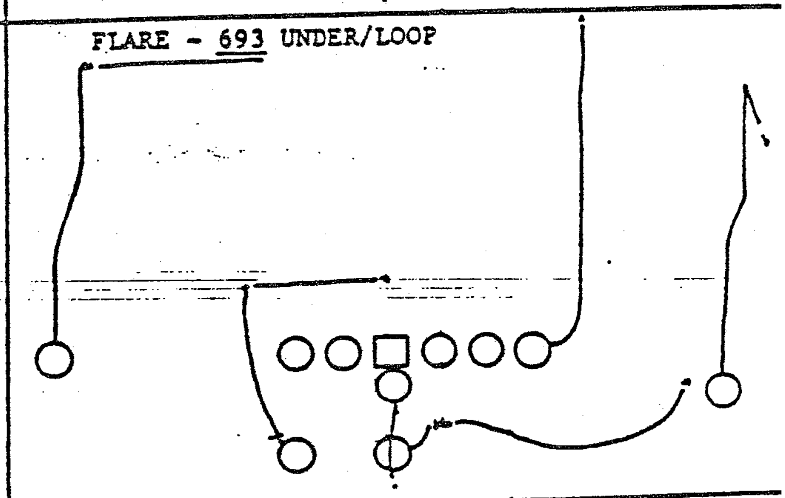


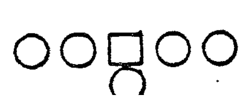


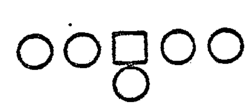












RUNNINGBACK RECEIVER COACHING POINTS

Series & Protection: FLARE Pattern: 787 Flares: BACKS FAN

Halfback (Weakside)
Protection: [illegible] Route: [illegible] Adj. Vs. Cov: NONE
Variation Routes: FLASH/FLAT/WIDE Dog Principle: NONE
Movement: HIP

C.P.s:
1. Buck Dogs - Take up the slack.
2. Buck Drops - Push upfield and roll out 7 yds. deep & stretch zone.
3. As you roll outside, check for the ball.
4.
5.

Fullback (Strongside)
Protection: D.P.U. MAC/STUB Route: FAN Adj. Vs. Cov. NONE
Variation Routes: FLASH/FLAT/WIDE Dog Principle: NONE
Release: OUTSIDE Movement: FIP

C.P.s:
1. D.P.U. Stub - Mac & Stub Dog, take up the slack on Stub.
2. If no S.P.U. push upfield & roll out 7 yds. deep & stretch the zone.
3. As you roll outside check for the ball.
4.
5.

X or Q (Weakside Receiver)
Location: BASIC Route: 7 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: NONE Blitz Principle: S.A. Movement: NONE
Slot Route: 87 Twin Route: 87 Adj. Vs. Cov: NONE

C.P.s:
1. Get to move area and get defender turned.
2. Give him a good post move and bring it back to the corner.
3. When you come out of your post move adjust your route to defender.
4. If corner is laying off and outside flatten out route.
5. If you get Cleo support then run a Burst 7
6.

Y or Slot (Middle Receiver)
Location: POC Route: 87 Release: BEST Adj. Vs. Cleo: NONE
Change Up Routes: NONE Dog Principle: NONE Blitz Principle: S.A.
TE at Q Route: 7 Adjs. Vs. Cov: B & G - Cov. 3 & 5 Movement: TIM/TOM

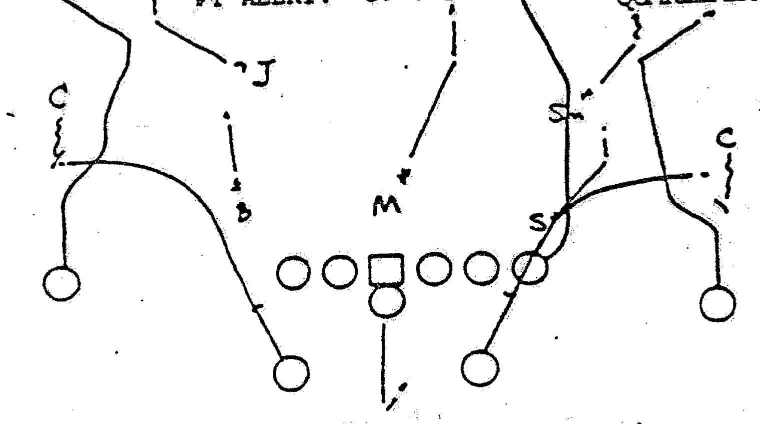
C.P.s:
1. Release outside if possible & push upfield & into post area.
2. If Man to Man coverage beat Sam to the post.
3. Don't flatten your post move - stay down the middle.
4. If you read Cover 2 or 8 look for ball in post area.
5. If Jack drops flat weak (Cov. 7) QB is thinking of you.
6.

Z (Strongside Outside)
Location: BASIC Route: 87 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: NONE Blitz Principle: S.A. Movement: ZOOM-ZIN-ZEB-ZOT
Slot Route: 87 Twin Route: 87 Adj. Vs. Cov: NONE

C.P.s:
1. Get to move area and get defender turned.
2. Give him a good post move and bring it back to the corner.
3. When you come out of your post move adjust your route to defender.
4. [illegible]
5. [illegible]

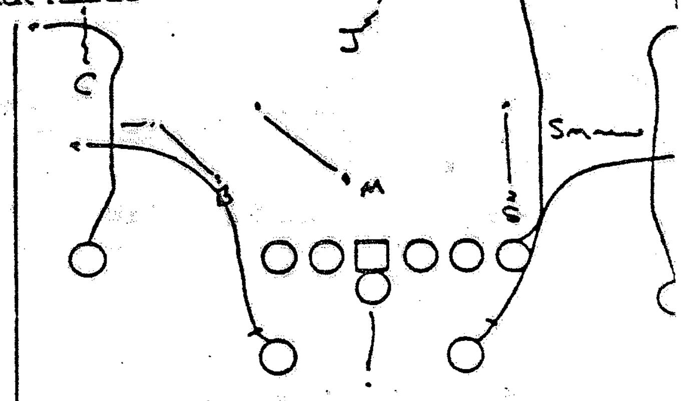
QUARTERBACK ALERTS

#1 ALERT: COV. 2 & 8



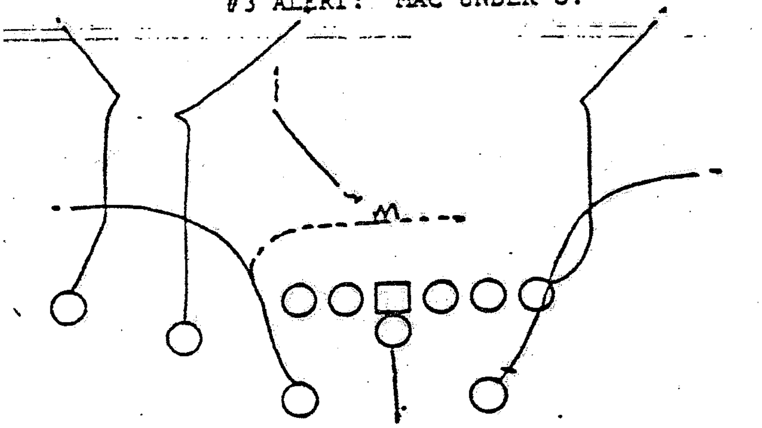
1. Safeties divide - think strongside
2. Work between Y & Z to FB.
3.
4.

#2 ALERT - LOOSE ZONE



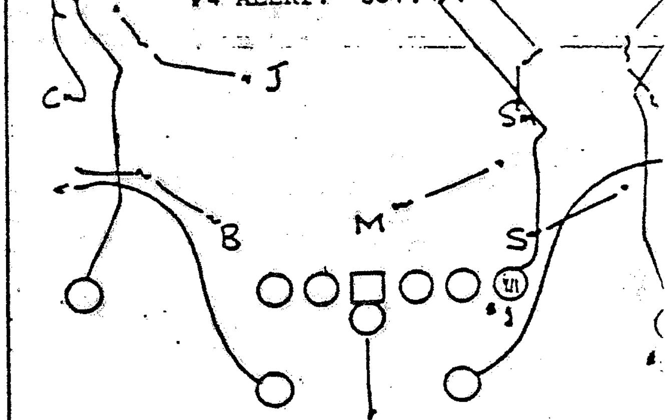
1. Loose zone coverage.
2. WR can't catch up with corner.
3. WR will flatten out.
4.

#3 ALERT: MAC UNDER 8!



1. When running from slot - alert Mac!
2. Can use Under flare to control!
3.
4.

#4 ALERT: COV. 7!



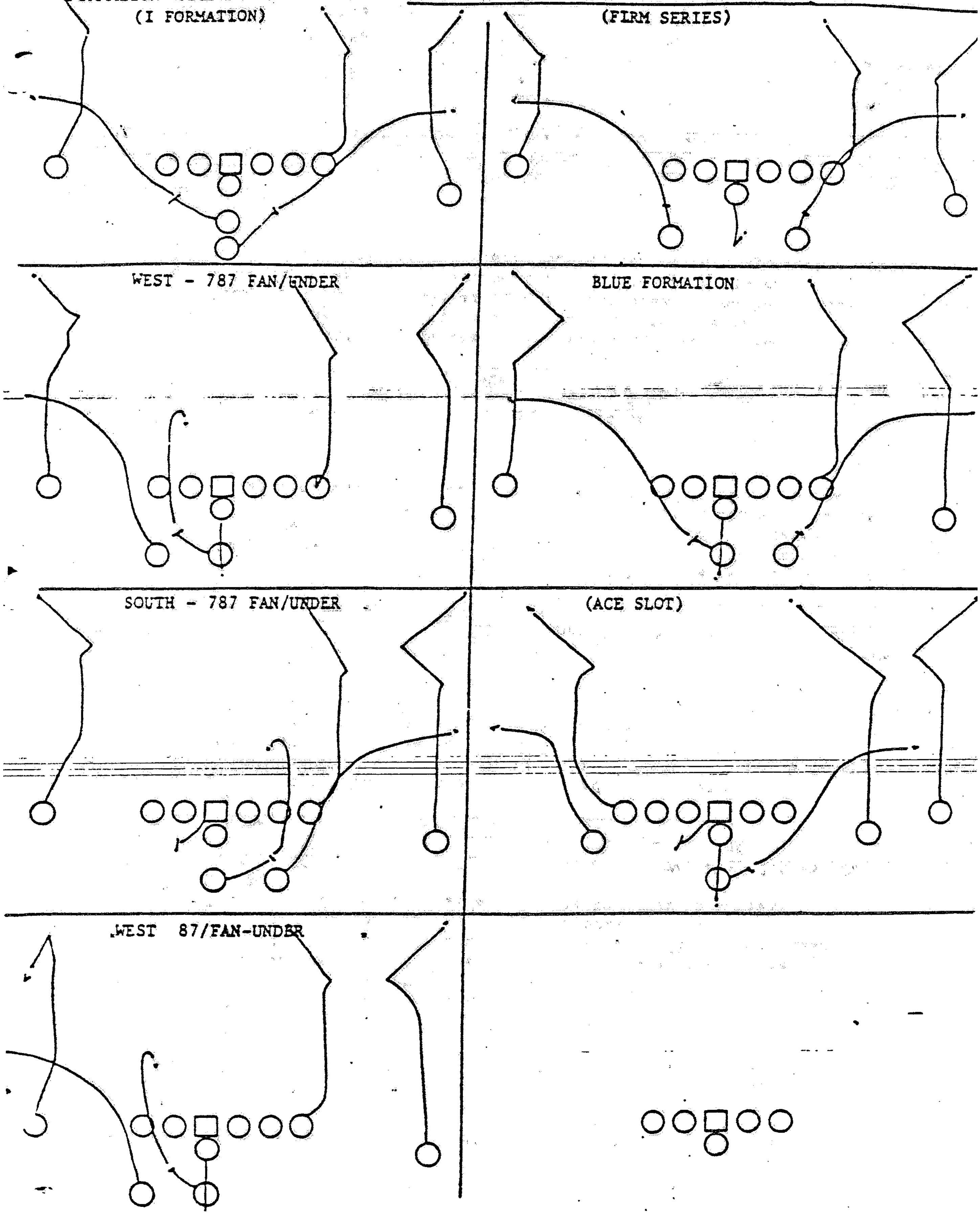
1. If Jack moves flat weak - check Y on
2.
3.
4.

Pattern Best Vs. Cover: FORMS OF MAN - COV. 2 or 8 - 9D! (Ranked in Orde

General Comments: This is a better inside the 20 pattern. It is only good in the mid-field area if we are getting Man and forms of 3-5-7 coverages. This is an excellent dog pattern! Zero in on the receiver once the direction is determined!

QB Notes:

FORMATION VARIATIONS FOR PATTERN: FLARE 787 BACKS FAN



RUNN BACK/RECEIVER COACHING POINTS

Series & Protection: FLARE Pattern: DELAY 272 Flares: FLAG - POLE

Halfback (Weakside)
Protection: S.P.U. BUCK Route: FLAG Adj. Vs. Cov: NONE
Variation Routes: POLE - DELAY Dog Principle: NONE
Movement: NONE

C.P.s:
1. S.P.U. Buck. Buck dogs, take up the slack.
2. Buck drops - push upfield and break to Flag 9 to 10 yds. deep.
3. Clean out delay area! Check for ball & stretch the zone.
4. DELAYING: Start angle route, pivot & allow FB or Q to clean out delay ar
5. POLE: Push as you would a flag, but break down the hole! Alert 2 & 8!
6. WEST: N.S.P.U. - release and run delay under FB Streak!

Fullback (Strongside)
Protection: D.P.U. STUB Route: POLE Adj. Vs. Cov. DOWN HOLE VS. COV. 2 or 8!
Variation Routes: FLAG - DELAY Dog Principle: NONE
Release: INSIDE Movement: NONE

C.P.s:
1. D.P.U. Stub! Take up the slack if Mac & Stub dog!
2. If no pick up, release inside, pushing upfield to stretch delay area & hi h
3. Check for the ball vs. Cov. 2 & 8!
4. FLAG: Start as if running a pole but break for Flag! Check for the ball!
5. DELAY: Start angle route, then pivot & allow Y to clean out delay area!
6. West w/Streak call-remember you have S.P.U. 1st, then clean out with Stre

X or Q (Weakside Receiver)
Location: BASIC Route: 2 DELAY Release: VARY Adj. Vs. Cleo: NONE
Change Up Routes: 7 Blitz Principle: S.A. Movement: NONE
Slot Route: 72-75 Twin Route: 72-75 Adj. Vs. Cov: NONE

C.P.s:
1. Start as if running a QK 1. Use at least 2 moves within the stem!
2. Top of stem, pivot & come back inside underneath the clean out man!
3. Gain ground slightly, but be prepared to pull up & slide back outside!
4. Q position - same techniques, just make sure you allow RB to clean out!
5. Q position, possible 7 clean out route for a HB delay. Check for ball!
6.

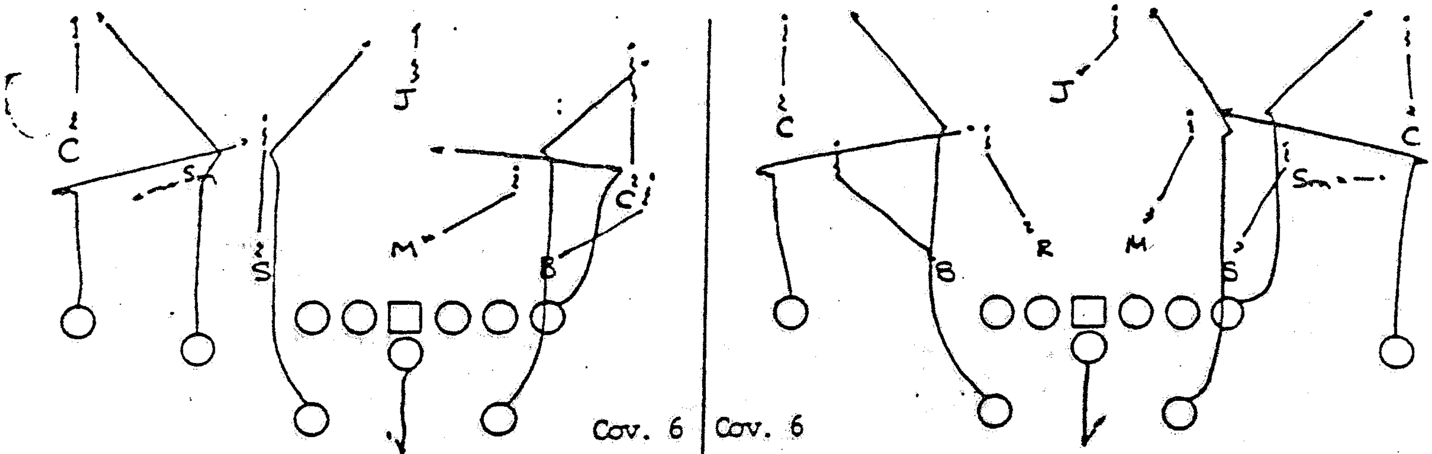
Y or Slot (Middle Receiver)
Location: POC Route: 72 Release: OUTSIDE Adj. Vs. Cleo: NONE
Change Up Routes: 72 - 25 DELAY Dog Principle: NONE Blitz Principle: S.A.
TE at Q Route: 2 or 7 Adjs. Vs. Cov: NONE Movement: TOM-TIM

C.P.s:
1. Release outside within the 3 yd. releasing zone & clean out the delay ar
2. Don't get held up! Get deep and be alert for the ball!
3. Delay 25 Call: Release outside & widen area. Allow RB to clean out & co
4. Coverage takes away delay, pull up & slide back outside!
5. On 72 Combo, dog occurs, really attack Sam or coverage with 7 route!
6.

Z (Strongside Outside)
Location: BASIC Route: 72 Release: VARY Adj. Vs. Cleo: NONE
Change Up Routes: 72-25 Blitz Principle: S.A. Movement: ZOOM-ZIN-ZOT
Slot Route: 72-25 Twin Route: 72/75 Adj. Vs. Cov: NONE

C.P.s:
1. Start as if running a QK 1. Use at least 2 moves within the stem!
2. Top of stem, pivot & come back inside underneath the clean out man!
3. Gain ground slightly, but be prepared to pull up & slide back outside!
4. Coverage inside dictates use of pull up technique.
5. 25 Call - run good disciplined 5 route! Be alert for ball!
6

Series & Protection: FLARE Pattern: DELAY 272 Flare: FLAG / POLE



Quarterback

P.S.L.: SAFETIES Read: B.L.S. VS. 30 DEF. MAC VS 40 DEF. Drop: 7 & 2

Pattern Progression Wk: HB to X or Q Progression Stg: Y to Z

Blitz/Dog Principle: REC's S.A. SAFETY BLITZES

Rec. Adjs. Vs. Cleo = X/Q: NONE Y/Slot: NONE Z: NONE HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: WRs: INSIDE COVERAGE ON DELAY - PULL UP, PIVOT & SLIDE OUTSIDE

Formation Variations: 1. BROWN 2. ACE
3. ACE SLOT (HOW) 4. SLOT/TWIN SPLIT 5. "D" FORMATIONS
6. 7. 8.

Series Variations: 1. WEST 2. SOUTH 3.

Rec Variations: X/Q: 7 / / Y/S: - / / Z: - / /

RB Flare Variations: DELAY/FLAG - FLAG/DELAY - WEST DELAY/STREAK

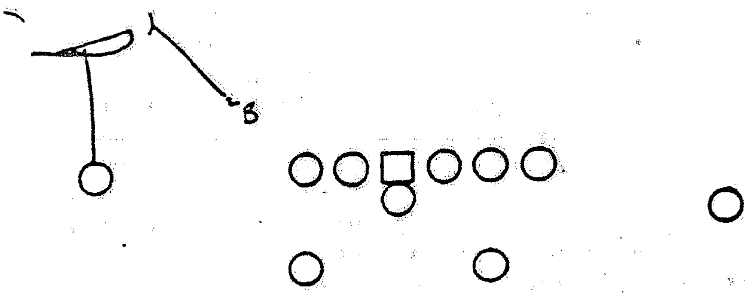
Use of Movement: ZOOM/ZIN/ZOT: DELAYS ARE HELPED BY THE USE OF MOVEMENT!

QB Coaching Points FOR DELAY PATTERNS AS A GROUP - PRINCIPLES APPLY TO ALL DELAYS!

1. Stride for 7 steps and settle in 2! Timing is not delicate! Concentrate on Reads!
2. Know how the Buzz System is working! Be careful of LB'ers dropping inside out!
3. 40 defense, work behind Mac. 30 defense, work behind Jack!
4. A delay combination always includes a delay man outside and 7 or Flag route inside!
5. Receiver delay routes are called off of a 2 pattern & Y's delay off of a 10 & 20 delay
6. A RB delay comes off an Angle type route but is delayed!
7. Always check the corner move 1st just in case of a blown coverage!
8. When a rec. runs a delay and finds coverage waiting, he will pull up & slide outside!
9. RBs will pick up dogging LB'ers as a protection dictates. Dog coverage, check 7 route
10. The receivers will work under B & R coverage right away, then go through with delay rou
11. If you read Cover 2 or 8, check Pole downfield!
12. Note a 72 combination is an automatic corner/delay combination!
13. Variation Delay Patterns Are: Delay-225 Bks Delay - West 595 Delay/Streak! Delay-275 Flag/Delay - Delay 772 Delay/Pole.
14. Note: Make "Delay" call following protection call if required!

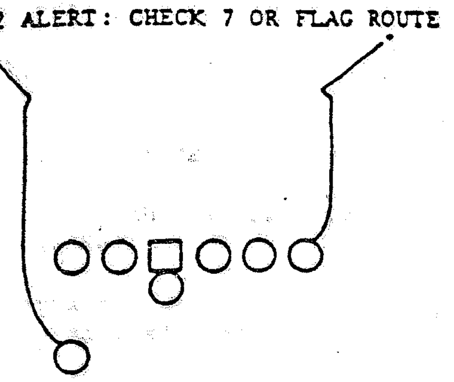
QUARTERBACK ALERTS

#1 ALERT: INSIDE COVERAGE



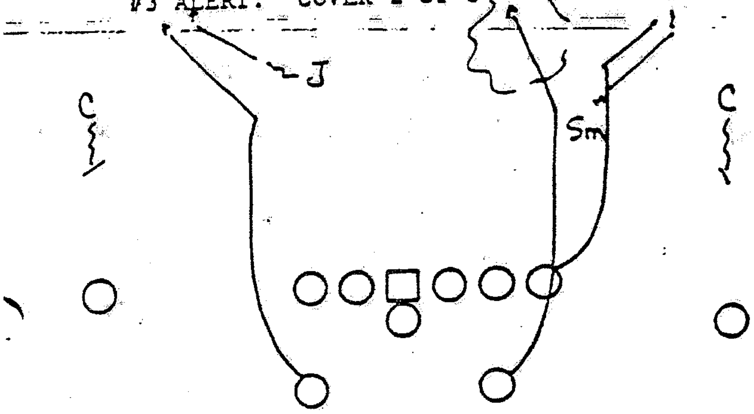
1. Inside coverage shuts door on delay.
2. Delay receiver will pull up & slide outsde.
3. LB'ers deep, flatten out & go under!
4.

#2 ALERT: CHECK 7 OR FLAG ROUTE 1



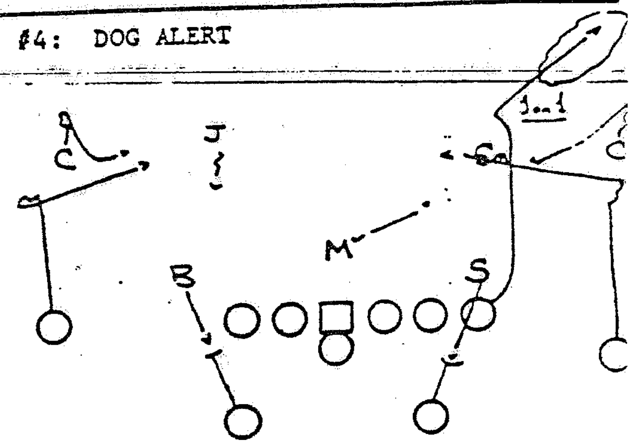
1. Once direction determined, ck. deep m
2. Not there, read buzz system & go to d
3.
4.

#3 ALERT: COVER 2 or 8



1. Pole back will hit the hole created by safeties.
2.
3.
4.

#4: DOG ALERT



1. Back will S.P.U. dog. No clean out th
2. Strongside, you still have Y 7!
3. Better off going strong!
4.

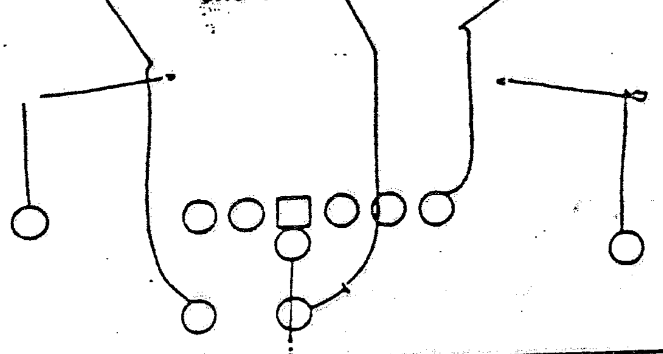
Pattern Best Vs. Cover: 6 - 4 - 2 - 8 - 1 - 3 - 5 - 7 - 9 (Ranked in Orde

General Comments: Delays are best vs. fotms of Zone coverage that include deep droppin LB'ers. They are positive gain plays if executed properly! Just make sure when throw a delay inside, you know how the buzz system is working. Man coverages force a more exact type execution play. Expect the man coverage defender to chase the delay. LB'e should be cleared out if not dogging! Your first thought is the delay gives you a shot at a big play deep if the 7 or flag is not covered properly. If you recognize dog, think strongside!

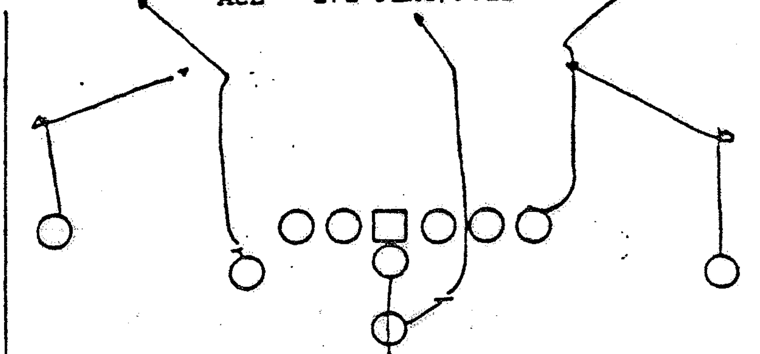
QB Notes:

FORMATION VARIATIONS FOR PATTERN: FLARE DELAY 272 FLAG/POLE AND VARIATIONS

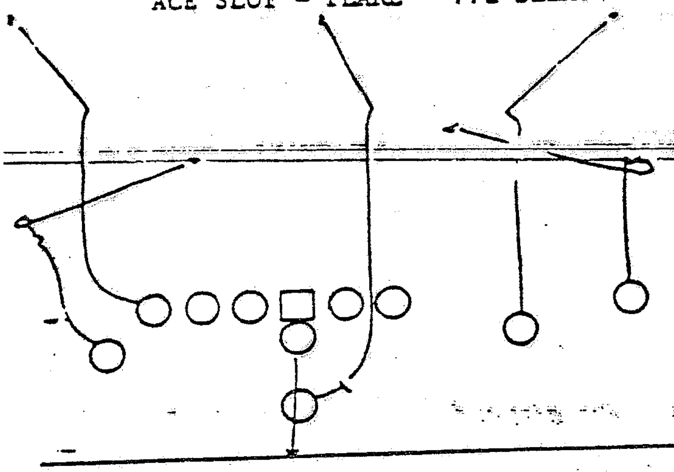
BROWN



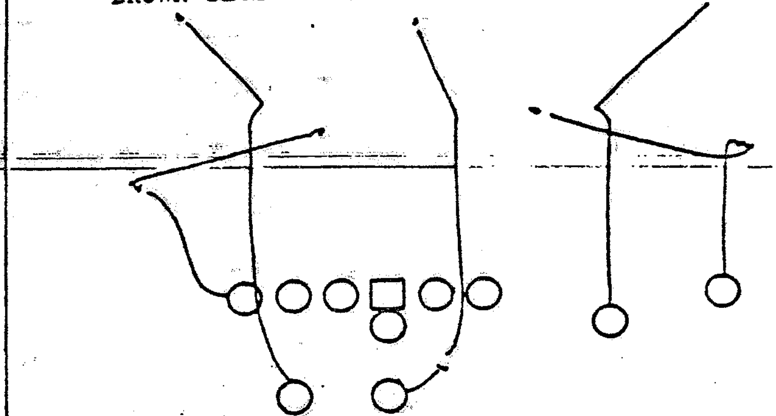
ACE - 272 FLAG/POLE



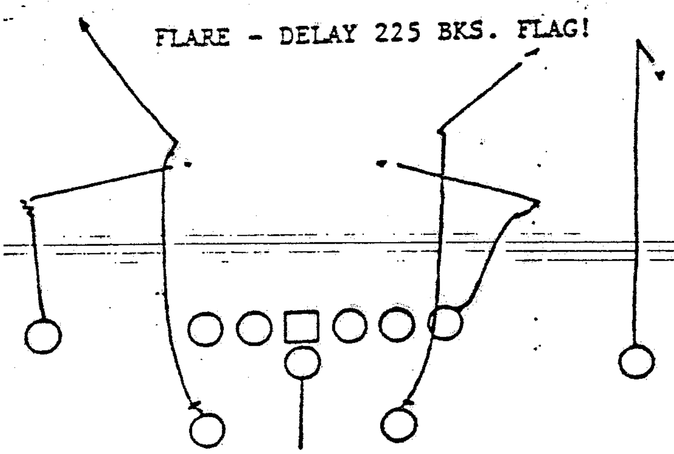
ACE SLOT - FLARE - 772 DELAY POLE



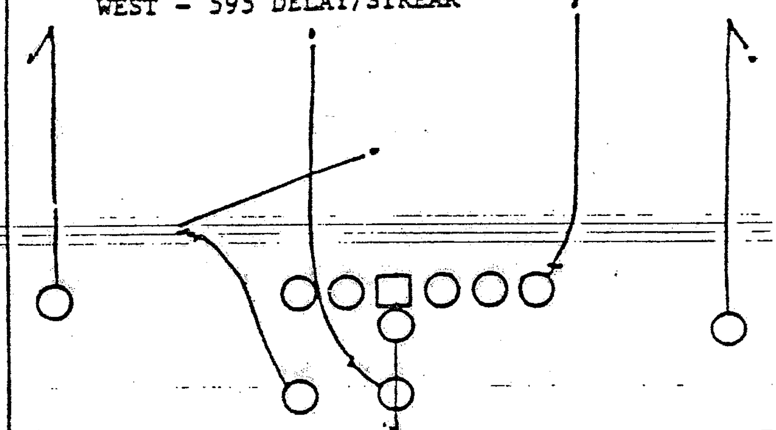
BROWN SLOT - FLARE 272 FLAG/POLE



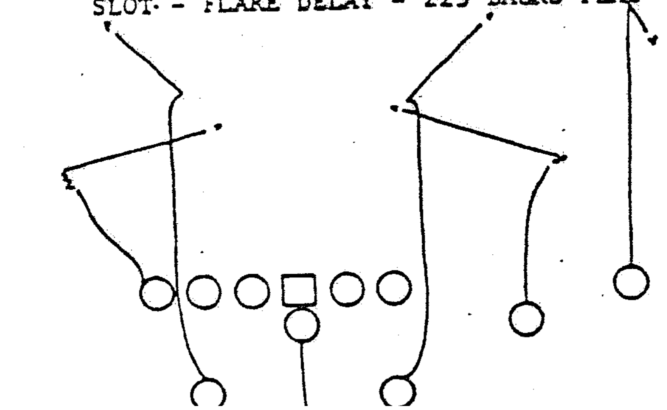
FLARE - DELAY 225 BKS. FLAG!



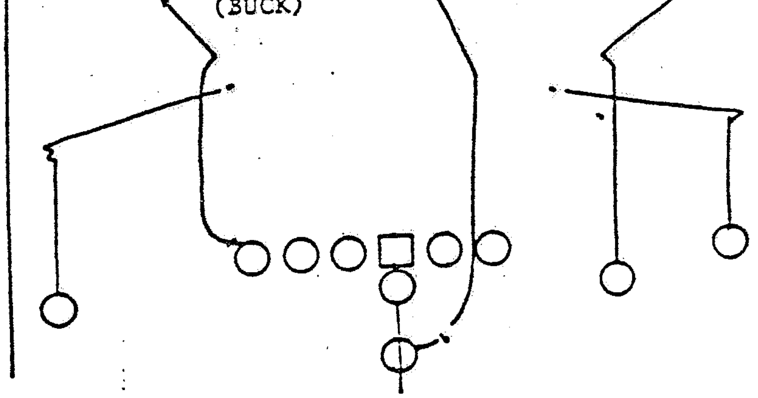
WEST - 595 DELAY/STREAK



SLOT - FLARE DELAY - 225 BACKS FLAG



DUCE: FLARE DELAY - DBLE 72 POLE (BUCK)



NORTH SERIES

THE NORTH SERIES IS A FLARE SERIES PASS MOVED FROM A B.L.S. READ TO A B.L.S. & SAM READ BY THE ELIMINATION OF THE HB OUT WEAKSIDE. THE HB WILL SIT INSIDE SOLID. THE FB EXECUTES HIS BASIC D.P.U. TECHNIQUE WITH THE GUARD ON A MAC TO STUB READ. IF MAC DROPS, HE DOES NOT HAVE TO CHECK STUB, THE GUARD WILL SLIDE OUT AND PICK HIM UP. THIS IS ONLY TRUE VS. 30 & 50 DEFENSIVE FRONTS. THE REST OF THE LINE BLOCKS BASE FOR A QB TAKING A 7 OR 7 & 2 STEP DROP.

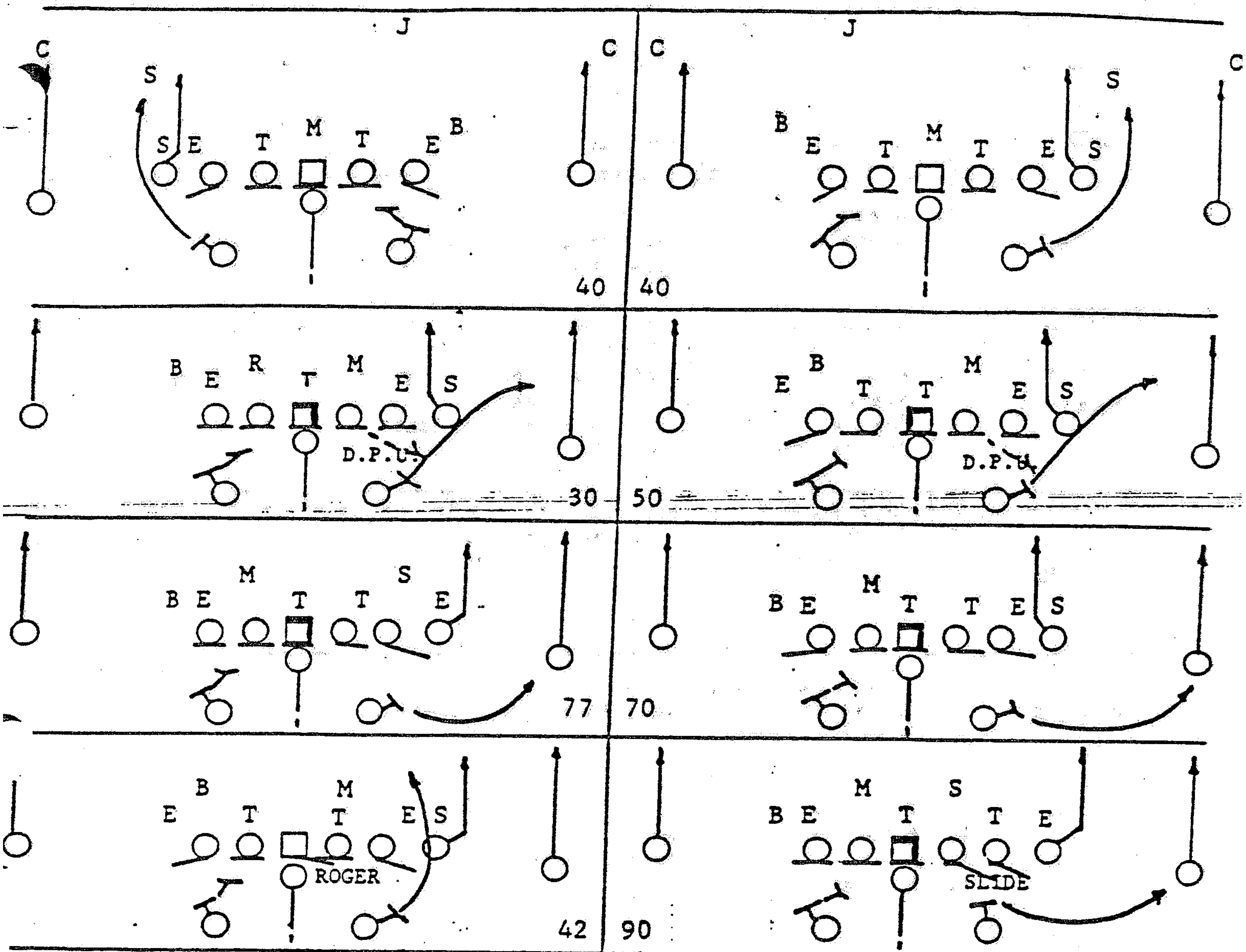
NORTH MEANS WE ARE NOW RUNNING A POTENTIAL 4 MAN PATTERN - 1 WEAKSIDE - 3 STRONGSIDE! THE BREAKING POINTS FOR THE WR'S ARE 20 YARDS WHICH ALLOWS THEM TO USE LATERAL AS WELL AS VERTICAL MOVES. THEY STILL SIGHT ADJUST SAFETY BLITZES!

NORTH CAN BE COMBINED WITH QUICK OR FIRM CALLS. EXAMPLE: NORTH FIRM - 444 FAN.

NORTH SERIES PASSES ARE: (DRAWN UP AS FLARE PASSES)

1. NORTH - 444 FAN
2. NORTH - 545 HOOK
3. NORTH - 866 FAN
4. NORTH - 639 FLAT OR LOOP
5. NORTH - DELAY - 272 POLE

NORTH PROTECTION



BLOCKING RULES

TIGHT END: Run Pattern Called

ONSIDE TAC: Base 2 man

ONSIDE GRD: Base 1 man

CENTER: Base 0 man

OFFSIDE GRD: Base 1 man

OFFSIDE TAC: Base 2 man

QUARTERBACK: 7 step or 7 & 2 step drop. Read B.L.S. to Sam!

WEAK BACK: S.P.U. on Buck - No Dog - Clean up on assigned rusher.

STRONG BACK: D.P.U. on Mac to Stub - No Dog - Run flare control called. Possible Hot Assignment on Stub!

X: Pattern Called

30 or 50 - D.P.U. - Mac to Stub
Offensive line - Big men and Middle LB'er
Zone all stunts vs. all defenses

COACHING POINTS NORTH PROTECTION

FORMATIONS:	ALL	SPLITS: SMART DEPTH: OFF
TIGHT END	1. Run pattern called. B.P.s - 12 to 15 yds. 2. If weakside in a 1 back formation, assume the HB assignment - Solid on (Ace slot & "D" formations) 3. Sight adjust safety blitzes.	
ONSIDE TACKLE (TE SIDE)	1. Base 2 man - Regular set. 2. Alert - 77 - 3 man - 90 - slide call - 3 man. 3. Alert - 30 - 50 - man on man vs. DE - unless Mac Tough - "ZORO" 4. Zone all stunts unless bubble yourside.	
ONSIDE GUARD	1. Base 1 man - regular set. 2. Alert - 30-50-Dual pick up - Mac to Stub-unless Mac Tough - "ZORO" 3. Alert - 90 - slide call - 2 man. 4. Zone all stunts unless bubble yourside. 5. FB Hot assignment - No D.P.U.	
CENTER	1. ~~Base 0 man - regular set.~~ 2. Uncovered - check your backer - help. 3. Alert - 30 - 50 - No help strongside. 4. Zone all stunts	
OFFSIDE GUARD	1. Base 1 man - regular set. 2. Uncovered - check your backer - cut nose. 3. Zone all stunts.	
OFFSIDE TACKLE (Openside)	1. Base 2 man - regular set. 2. Alert - 50 - 42 - Base DE - 3 man. 3. Zone all stunts	
QUARTER BACK	1. Drop 7 or 7 & 2! North routes are 4-5-6-7-8! 2. Read B.L.S. to Sam - Think strongside unless! 3. S.A. safety blitzes. 4. B.P. for WRs are 20 yds. 5. Alert for a R&B assignment for Y or the slot!	
WEAK BACK	1. Swing pick up on Buck all the way. 2. No Dog - clean up on assigned rusher.	
STRONG BACK	1. Dual pick up - Mac to Stub - Mac dogs - Grd will pick up - Check Stub. 2. No Dog - run flare control called. No P.U. on Stub unless Mac dogs! 3. Dual pick up applies to the 30 and 50 defenses. 4. Possible Hot assignment vs. Stub dogs! No S.P.U.	
SPLIT - X	1. Run pattern called. B.P.s 20 yds. 2. S.A. blitzes	
FLANKER - Z	1. Run pattern called. B.P.s 20 yds. 2. S.A. Blitzes	
OFFSIDE	1. 1 back set - assume HB blocking assignment - Block Buck!	

SOUTH SERIES

THE SOUTH SERIES IS OUR STRONG FLOOD SERIES. A SERIES THAT ALLOWS US TO GET 4 RECEIVERS OUT TO THE STRONGSIDE. SOUTH TELLS THE UN-COVERED LINEMAN TO EXECUTE A DUAL PICK UP TECHNIQUE ON MAC/BUCK. THE QB TAKES A 7 STEP OR A 7 & 2 STEP DROP AND READS STRONG ALL THE WAY UNLESS USING AS A COUNTER KEY TO WORK WEAK TO X! THE SB DOES NOT HAVE PICK UP ON STUB. HE RELEASES AS FAST AS HE CAN WHILE THE WB MOVES STRONG AND CHECKS STUB BEFORE ENTERING THE PATTERN. ALL RECEIVER ROUTES MAINTAIN THEIR ORIGINALLY ASSIGNED BREAKING POINTS. THE SB WILL TAKE THE FIRST FLARE CALL AND THE WK BACK TAKES THE SECOND CALL! QUICK OR FIRM TECHNIQUES CAN BE COMBINED AS A SECONDARY CALL WITH THE SOUTH SERIES. EXAMPLE: SOUTH-QUICK 121 CLOSE/WIDE.

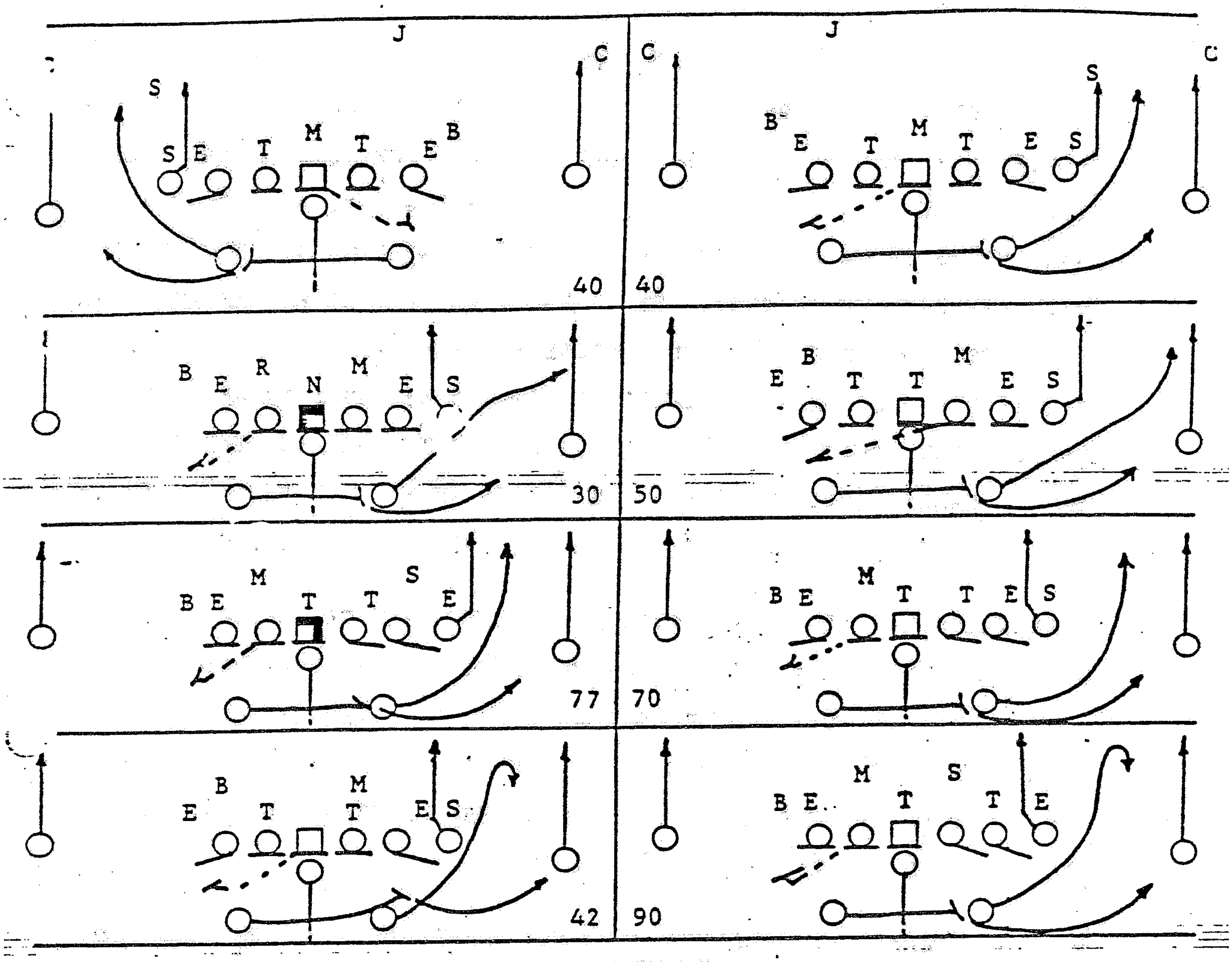
*SPECIAL NOTE: TH[illegible] PROTECTION IS A HIGH RISK PROTECTION IN THAT A LINEMAN HAS A DUAL PICK UP ON MAC/BUCK. THIS IS A HIGH PERCENTAGE DOG! THE SPLIT END CAN BE USED AS A HOT RECEIVER IF SOUTH IS INCLUDE IN A GAME PLAN IN WHICH MAC/BUCK DOGS ARE A PROBLEM. IF NOT SOUTH WOULD NOT BE INCLUDED IN A GAME PLAN WHEN PLAYING A DOGGING TEAM. ALL SIGHT ADJUSTMENT PRINCIPLES APPLY.

SOUTH PATTERNS ARE SELECTED FROM THE FLARE GAME AND ARE MORE LIKELY TO BE RUN FROM BLUE OR BLUE SLOT!

SOUTH SERIES

1. SOUTH - 444 FAN/HASH
2. SOUTH - 545 HOOK/WIDE
3. SOUTH - 866 UNDER/WIDE
4. SOUTH - 639 FLAT/UNDER
5. SOUTH - DELAY 272 POLE/WIDE

SOUTH PROTECTION



BLOCKING RULES

TIGHT END:	Run Pattern Called.
ONSIDE TAC:	Base 2 Man.
ONSIDE GRD:	Base 1 man - uncovered - Mac to Buck
CENTER:	Base 0 man - uncovered - Mac to Buck
OFFSIDE GRD:	Base 1 man - uncovered - Mac to Buck
OFFSIDE TAC:	Base 2 man
QUARTERBACK:	7 STEP or 7 & 2 STEP DROP. READ B.L.S. TO <u>SAM</u>!
AK BACK:	Get across backfield quickly for swing pick up on Stub - No dog - Run flare called.
STRONG BACK:	No S.P.U. - Run flare control called.
Y:	Pattern called

Offensive line - Big men - Middle LB'er and Buck. Zone all stunts.

SOUTH SERIES

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SOUTH PATTERNS ARE SELECTED FROM THE FLARE GAME AND ARE MORE LIKELY TO BE RUN FROM BLUE OR BLUE SLOT!

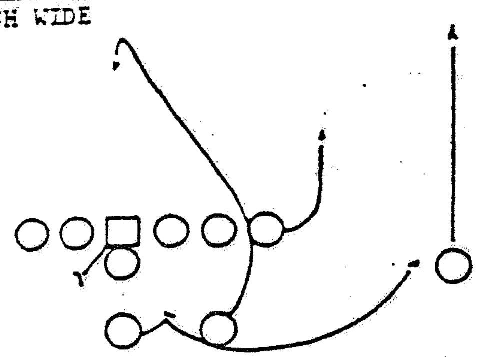
SOUTH SERIES

1. SOUTH - 444 FAN/HASH
2. SOUTH - 545 HOOK/WIDE
3. SOUTH - 866 UNDER/WIDE
4. SOUTH - 639 FLAT/UNDER
5. SOUTH - DELAY 272 POLE/WIDE

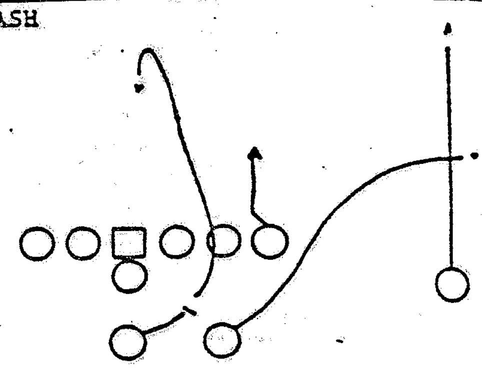
FORMATIONS:	ALL — SPLITS: SMART; DEPTH: OFF
TIGHT END	1. Run Pattern Called. 2. Sight adjust Safety blitzes 3. Breaking points = 12 to 15 yds. 4. Possible Hot assignment vs. Mac Dogs!
ONSIDE TACKLE (TE SIDE)	1. Base 2 man - Regular Set 2. Alert - 77 - Base 3 man - 90 - slide call - 3 man. 3. Zone all stunts.
ONSIDE GUARD	1. Base 1 man - Regular set. 2. Alert - 90 - Slide call - 2 man. 3. Alert - 50 - Covered call from off guard - Dual pick up - Mac to Buck. 4. Zone all stunts.
CENTER	1. Base 0 man - regular set. 2. Uncovered - Mac to Buck. 3. Zone all stunts.
OFFSIDE GUARD	1. Base 1 man - regular set. 2. Uncovered - Mac to Buck. 3. Alert - 50 - covered call to on guard. 4. Zone all stunts.
OFFSIDE TACKLE (OPENSIDE)	1. Base 2 man - regular set. 2. Alert - 50-42 - Base DE - 3 man. 3. Zone all stunts.
QUARTER BACK	NOTE: When calling a South flare, the SB flare will be called First! 1. Take a 7 or 7 & 2 step drop. Sight adjust blitzes. 2. This is a higher risk protection. We have a D.P.U. on Mac to Buck! 3. Read B.L.S. to Sam - THINK STRONGSIDE UNLESS! 4. B.P.s are 20 yds. 5. This is a strong flood pass but can be used as a counter key to throw wo
WEAK BACK	1. Get across backfield quickly for swing pick up on Stub. 2. No Dog - run flare called. 3. You will be the second flare call made instead of the 1st! 4. Blue formation - FB is in the weak back spot!
STRONG BACK	1. No swing pick up - You will be the first flare called. 2. Run flare control called. 3. Blue formation - HB is in SB spot!
SPLIT - X	1. Run pattern - B.P.s 20 yds. 2. S.A. blitzes.
FLANKER-Z	1. Run pattern - B.P.s 20 yds. 2. S.A. Blitzes
OFFSIDE TIGHT END	Possible slow - No slow, run X's numbered route!

VARIATION SOUTH FLARE ACTIONS

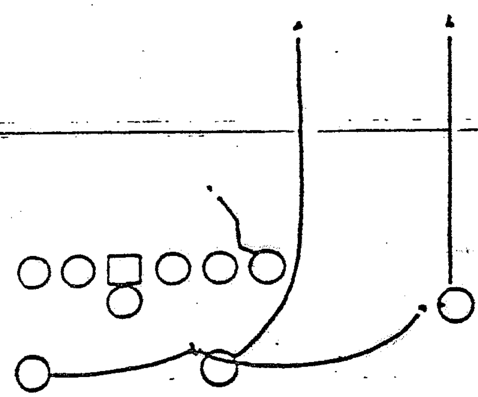
HASH WIDE



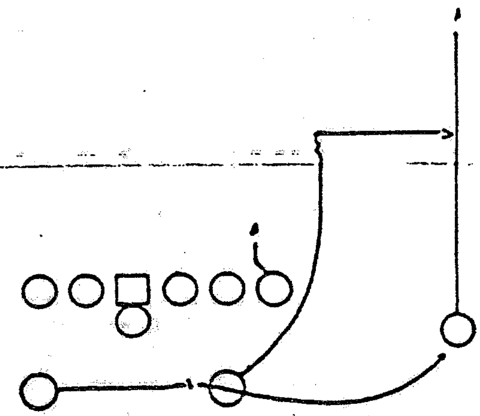
FAN/HASH



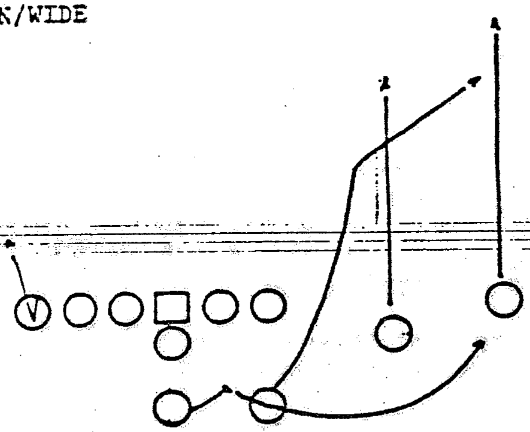
CLOSE WIDE



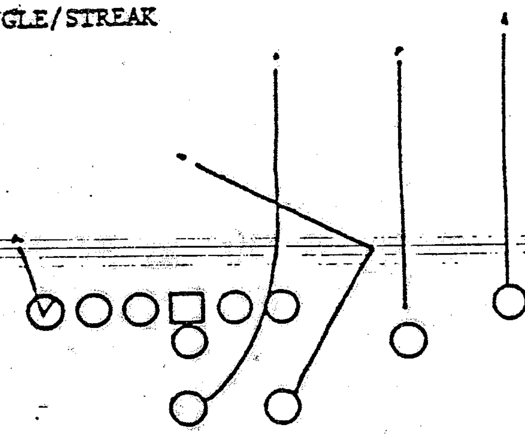
OUT/WIDE



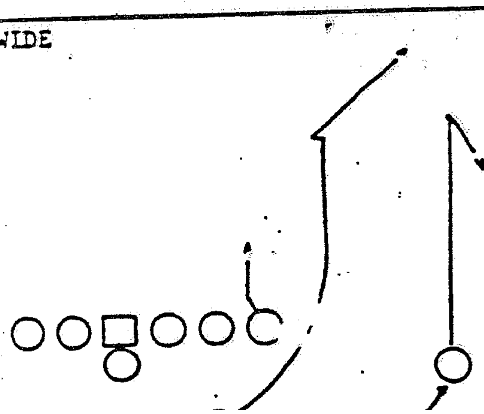
FIN/WIDE



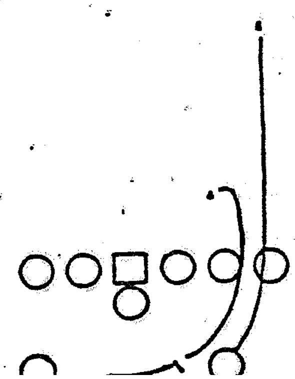
ANGLE/STREAK



FLAG/WIDE



CLOSE/CHECK



COACHING POINTS   SOUTH PROTECTION

FORMATIONS:	ALL	SPLITS: SMART DEPTH: OFF
TIGHT END	1. Run Pattern Called. 2. Sight adjust Safety blitzes 3. Breaking points = 12 to 15 yds. 4. Possible Hot assignment vs. Mac Dogs!	
ONSIDE TACKLE (TE SIDE)	1. Base 2 man - Regular Set 2. Alert - 77 - Base 3 man - 90 - slide call - 3 man. 3. Zone all stunts.	
ONSIDE GUARD	1. Base 1 man - Regular set. 2. Alert - 90 - Slide call - 2 man. 3. Alert - 50 - Covered call from off guard - Dual pick up - Mac to Buck. 4. Zone all stunts.	
CENTER	1. Base 0 man - regular set. 2. Uncovered - Mac to Buck. 3. Zone all stunts.	
OFFSIDE GUARD	1. Base 1 man - regular set. 2. Uncovered - Mac to Buck. 3. Alert - 50 - covered call to on guard. 4. Zone all stunts.	
OFFSIDE TACKLE (OPENSIDE)	1. Base 2 man - regular set. 2. Alert - 50-42 - Base DE - 3 man. 3. Zone all stunts.	
QUARTER BACK	NOTE: When calling a South flare, the SB flare will be called First! Take a 7 or 7 & 2 step drop. Sight adjust blitzes. 1. Take a 7 or 7 & 2 step drop. Sight adjust blitzes. We have a D.P.U. on Mac to Buck! 2. This is a higher risk protection. THINK STRONGSIDE UNLESS! 3. Read B.L.S. to Sam - THINK STRONGSIDE UNLESS! 4. B.P.s are 20 yds. 5. This is a strong flood pass but can be used as a counter key to throw we	
WEAK BACK	1. Get across backfield quickly for swing pick up on Stub. 2. No Dog - run flare called. 3. You will be the second flare call made instead of the 1st! 4. Blue formation - FB is in the weak back spot!	
STRONG BACK	1. No swing pick up - You will be the first flare called. 2. Run flare control called. 3. Blue formation - HB is in SB spot!	
SPLIT-X	1. Run pattern - B.P.s 20 yds. 2. S.A. blitzes.	
FLANKER-Z	1. Run pattern - B.P.s 20 yds. 2. S.A. Blitzes	
OFFSIDE TIGHT END	Possible slow - No slow, run X's numbered route!	

EAST SERIES

THE EAST SERIES IS A FLARE SERIES PASS MOVED FROM A B.L.S. READ TO A B.L.S. & JACK READ BY THE ELIMINATION OF THE FB OUT STRONGSIDE. THE FB WILL SIT IN SOLID. THE HB NOW USES A D.P.U. READ ON THE WEAK INSIDE LB'ER TO BUCK WITH THE GUARD ON HIS SIDE OF THE BALL. IF THE LB'ER DOGS, THE HB NOW HAS TO CHECK BUCK, OTHERWISE HE IS FREE TO RELEASE AS THE GUARD WILL SLIDE OUT AND PICK UP BUCK IF THE INSIDE LB'ER DROPS. THE REST OF THE LINE BLOCKS BASE FOR A QB TAKING A 7 OR A 7 & 2 STEP DROP.

EAST MEANS WE ARE NOW RUNNING A POTENTIAL 4 MAN PATTERN - 2 WEAKSIDE 2 STRONGSIDE! 2 STRONGSIDE! THE BREAKING POINTS FOR THE WR'S ARE 20 YARDS WHICH ALLOWS THEM TO USE LATERAL AS WELL AS VERTICAL MOVES. THEY STILL SIGHT ADJUST BLITZES!

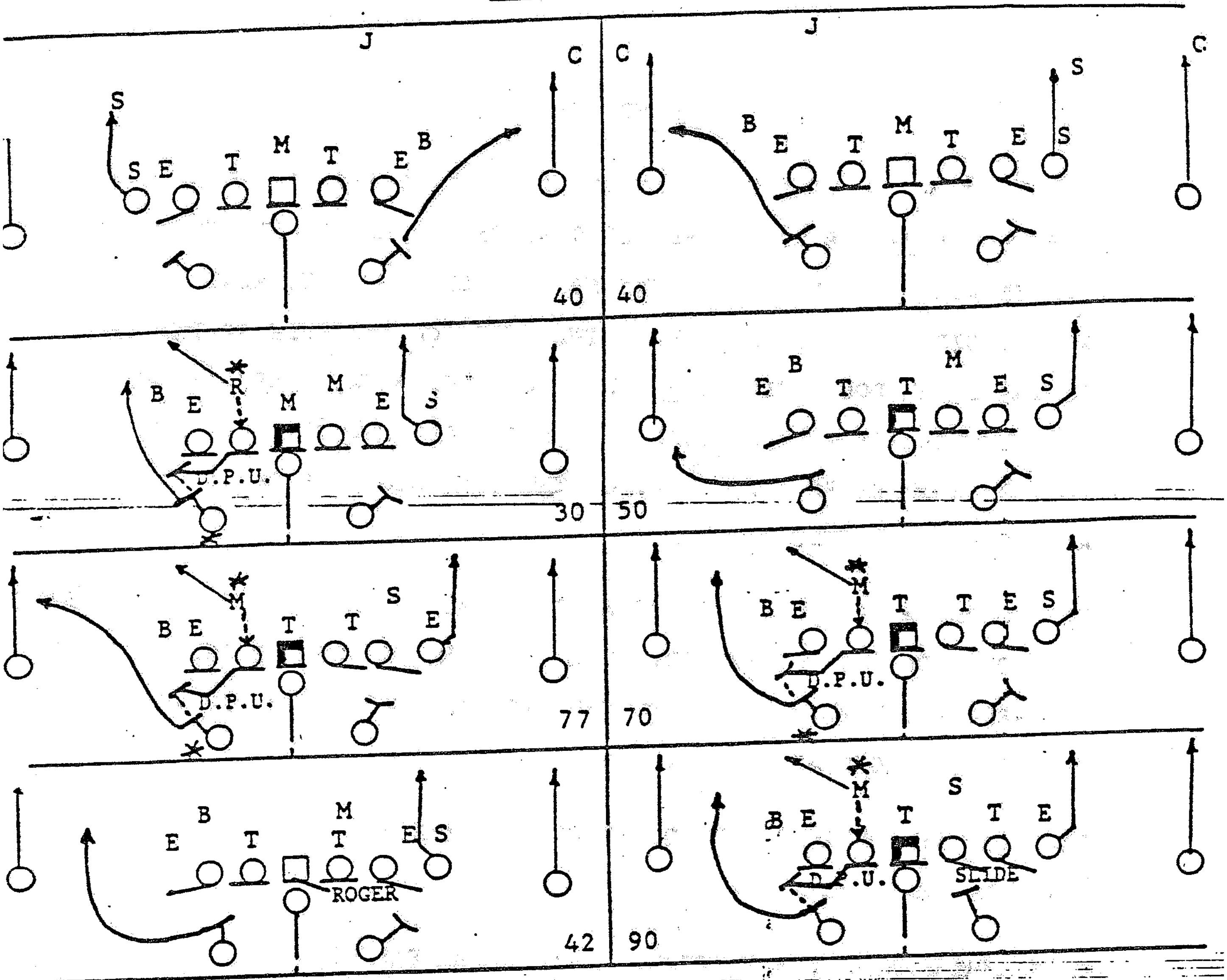
EAST CAN BE COMBINED WITH QUICK OR FIRM CALLS.

EXAMPLE: EAST-FIRM 444 FAN.

EAST SERIES PASSES ARE (DRAWN UP AS FLARE PASSES)

1 EAST 444 FAN
2 EAST 545 HOOK
3. EAST 866 FAN
4. EAST 639 UNDER
5. EAST 683 UNDER
6. EAST 873 FLY

EAST PROTECTION



BLOCKING RULES

TIGHT END: Run Pattern Called!

ONSIDE TAC: Base 2 man

ONSIDE GRD: Base 1 man (No D.P.U.)

CENTER: Base 0 man

OFFSIDE GRD: Base 1 man

OFFSIDE TAC: Base 1 man

Offensive line - Big men and Middle LB'er.

Dual pick up unless covered - weak inside LB'er to Buck! (30 - 70 - 77 - 90 Defenses)

QUARTERBACK: 7 or 7 & 2 Step Drop - Read B.L.S. to Jack

WEAK BACK: D.P.U. - Weak inside backer to Buck. No Dog - Run flare control called. Possible Hot Assignment vs. Buck dog.

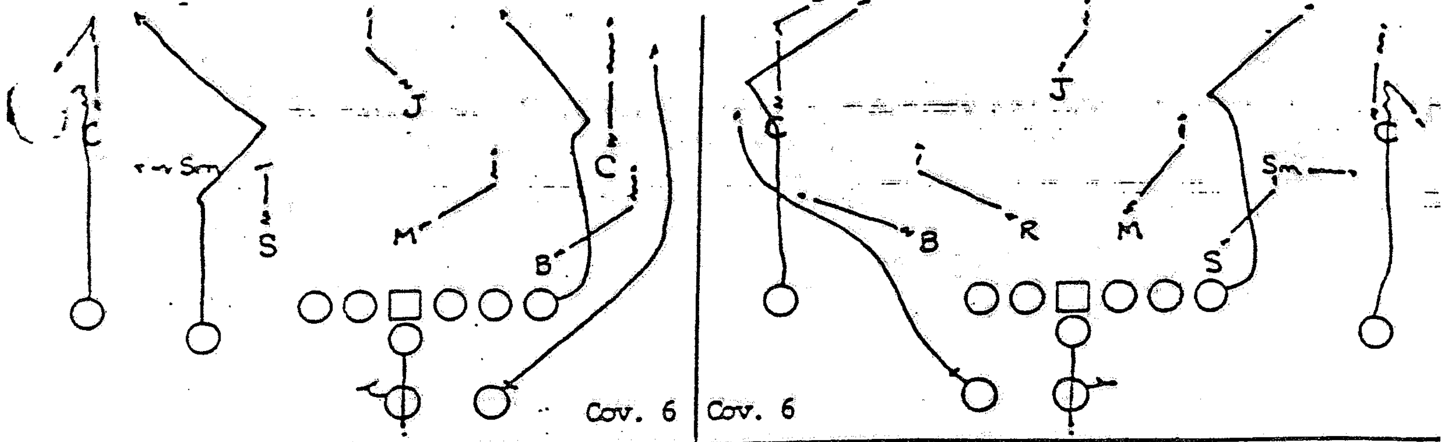
STRONG BACK: Check Stub - No Dog - clean up on assigned rusher (Solid).

Pattern Called.

COACHING POINTS EAST PROTECTION

FORMATIONS:	ALL	SPLITS: SMART DEPTH: OFF
TIGHT END	1. Run pattern called. SIGHT ADJUST SAFETY BLITZES! 2. If weakside in a 1 back formation, assume HBs assignment. S.P.U. Buck! (Ace slot & "D" formations). 3. Strive to run routes a minimum of 12 yds. deep to a maximum of 15 yds. dee	
ONSIDE TACKLE (TE SIDE)	1. Base 2 man - Regular set. 2. Alert - 77 - 3 man - 90 - slide call - 3 man. 3. Zone all stunts.	
ONSIDE GUARD	1. Base 1 man - regular set. 2. Alert - 90 - slide call - 2 man. 3. Uncovered - 30 - 50 - check your backer - cut nose. NO D.P.U. 4. Zone all stunts.	
CENTER	1. Base 0 man - regular set. 2. Uncovered - check your backer - help. 3. Alert - 30-70-77-90 - No help weakside. 4. Zone all stunts.	
OFFSIDE GUARD	1. Base 1 man - regular set. 2. Alert- 30-70-77-90 - Dual pick up - weak inside backer to Buck - unless weak inside backer Tough - "ZORO" 3. Zone all stunts unless bubble yourside. 4. One back in backfield - Backside TE to your side - Alert "YO-YO" Call	
OFFSIDE TACKLE (OPENSIDE)	1. Base 2 man - regular set. 2. Alert - 50-42 - Base DE - 3 man. 3. Alert - 30-70-77-90 - Man on man vs. DE - unless weak inside backer tough - ZORO. 4. Zone all stunts unless bubble yourside.	
QUARTER BACK	1. Drop 7 or 7 & 2! East routes are 4-5-6-7-8! 2. Read B.L.S. to JACK - Think weakside unless! 3. Sight adjust safety blitzes! Possible Hot assignment on Buck! 4. Breaking points for WRs on 20 yds.! 5. Alert for R&B assignments for Y on the slot!	
WEAK BACK	1. Dual pick up - Weak inside LB'er to Buck - Wk inside LB'er dogs - Guard wil pick up check Buck - You don't have to P.U. Buck unless Wk ILB'er dogs! 2. No Dog - Run flare control called. Possible Hot assignment on Buck. 3. Dual pick up applies to all defenses the wk. grd. is uncovered!	
STRONG BACK	1. S.P.U. on Stub all the way. No D.P.U.! 2. No Dog - clean up on assigned rusher.	
SPLIT - X	1. Run pattern called - B.P.s 20 yds. 2. S.A. Blitzes!	
FLANKER - Z	1. Run pattern called - B.P.s 20 yds. 2. S.A. Blitzes!	

Series & Protection: EAST Pattern: 873 Flare: FLY /



Quarterback

P.S.L.: SAFETIES Read: B.L.S. - JACK TO SAM Drop: 7 & 2

Pattern Progression Wk: X to HB Progression Stg: Y to Z

Blitz/Dog Principle: RECEIVERS S.A. SAFETY BLITZES

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: *NONE HB: NONE

FB: SOLID Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: NONE

Formation Variations: 1. ACE 2. ACE SLOT
3. TWIN 4. SLOT/TWIN SPLIT (X) 5. "D" FORMATIONS
6. 7. 8.

Series Variations: 1. BUCK 2. FLARE 3.

Rec Variations: X/Q: 7 Y/S: 72 / Z: 72 /

RB Flare Variations: Pole/Flat & Backs Flat

Use of Movement: TWIN ZOOM - HIP

QB Coaching Points

1. Stride for 7 steps and settle in 2 steps.
2. Concentrate on Jack's reaction to X or Q and Y or Slot 7!
3. Jack flat strong, go to X or HB Fly!
4. Jack holds in the middle or goes weak, go to Y 7!
5. If in a Slot formation & Jack holds middle, think HB on the Fly!
6. If going to Y or to the slot, be aware of the stg. corners coverage on Z!
7. The cor. must take the bite on the Z3! He's capable of falling off the Z3 into the Y7!
8. Y or the slot must beat single coverage by Sam!
9. If Y or the slot end up 1 on 1, lay it up, meeting him at the corner!
10. Drill an 8 post throw - lay up 7 corner throw!
11. Vs. a Cleo strong, Z will try to pull the corner to the L.O.S.!
12. Z is last thought because he is running a control type route!
13. Putting X on a 7, makes this a Flare 772 pattern. Use a Pole/Flat unless G.P. gives X or Q an option! Then run backs flat!

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: EAST Pattern: 873 Flares: FLY

Halfback (Weakside)
Protection: S.P.U. BUCK Route: FLY Adj. Vs. Cov: NONE
Variation Routes: NONE Dog Principle: NONE - ALERT HOT CALL
Movement: HIP

C.P.s:
1. Buck dogs - take up the slack!
2. Buck protection called - N.S.P.U. Look quicker if buck dogs! Alert "Hot" ca
3. Fly route run off a Flat or Flash - Flash technique from Slot Set!
4. Get the LB'er in a foot race and get upfield as fast as you can!
5. Look for the ball over the inside shoulder.

Fullback (Strongside)
Protection: SOLID Route: NONE Adj. Vs. Cov. NONE
Variation Routes: DRAW - WIDE - FLAT - LOOP Dog Principle: NONE
Release: NONE Movement: NONE

C.P.s:
1. Flare protection call, alert for route call!
2.
3.
4.
5.

X or Q (Weakside Receiver)
Location: BASIC Route: 8 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: NONE Blitz Principle: S.A. Movement: NONE
Slot Route: 73 Twin Route: 73 Adj. Vs. Cov: NONE

C.P.s:
1. Get to the move area as fast as you can! Attempt to turn corner outside!
2. Once breaking in an 8, don't flatten out! Hit the seam!
3. X should read B.L.S. for alert to QBs intentions.
4. Don't assume you won't get the ball.
5. Cov. 2 or 8 - burst on Jack.
6. Q position - release outside within the 3 yd. area!

Y or Slot (Middle Receiver)
Location: POC Route: 73 Release: OUTSIDE Adj. Vs. Cleo: NONE
Change Up Routes: 72 Dog Principle: NONE Blitz Principle: S.A.
TE at Q Route: 8 Adjs. Vs. Cov: NONE Movement: NONE

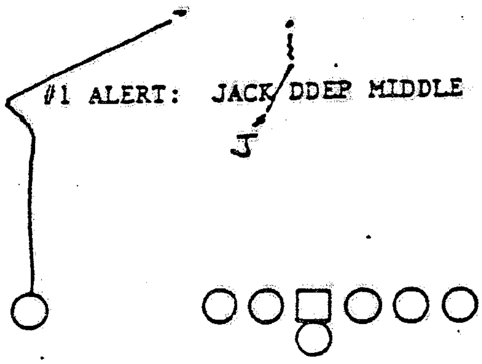
C.P.s:
1. Release outside within the 3 yds. releasing Zone! Turn Sam inside!
2. Push upfield and read Sam! Sam man, beat to corner!
3. Sam zone, continue the route - no adjustments made!
4. Don't go to the cor. too soon! Hurts pattern & chances of getting behind St Co
5. Slotted reads are the same.
6. Look for the ball coming over the outside shoulder! "Meet you at the corner

Z (Strongside Outside)
Location: BASIC Route: 73 Release: STRAIGHT Adj. Vs. Cleo: *NONE-EXCEPTIO
Change Up Routes: 72 (Delay) Blitz Principle: S.A. Movement: ZOOM
Slot Route: 73 Twin Route: 73 Adj. Vs. Cov: NONE

C.P.s:
1. Z's main job is to control the stg. corner regardless of the coverage!
2. Cleo, keep the corner close to the L.O.S. Exception to rule!!
3. Don't run a full depth 3 pattern if you get tight corner coverage!
4. Corner lays off run basic 3 route! Alert for the ball!
5. B & R coverage technique, pull up short!
6.

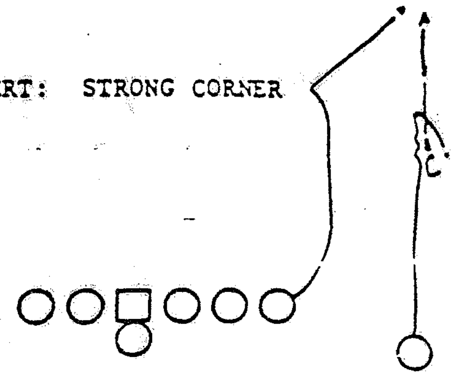
QUARTERBACK ALERTS

#1 ALERT: JACK DDEP MIDDLE 1/3



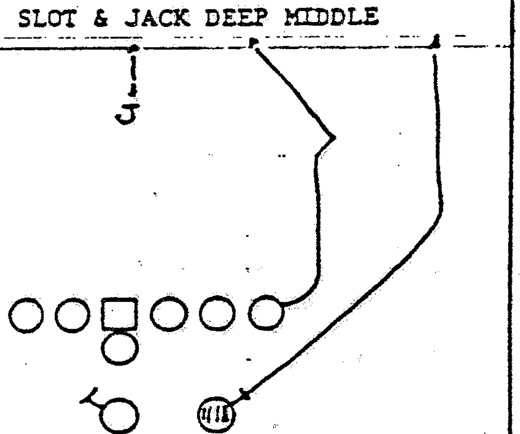
1. Don't go X 8 with Jack deep middle!
2.
3.
4.

#2 ALERT: STRONG CORNER



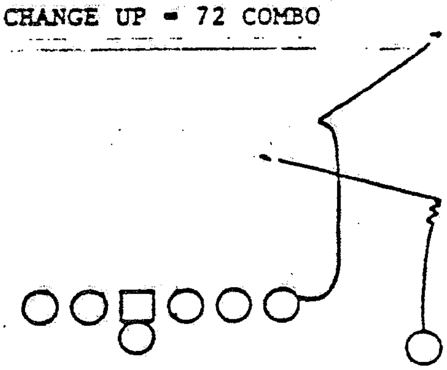
1. Make sure stg. corner doesn't fall off
2.
3.
4.

#3 ALERT: SLOT & JACK DEEP MIDDLE



1. Jack holds deep - go to HB Fly
2.
3.
4.

#4 ALERT - Z CHANGE UP = 72 COMBO



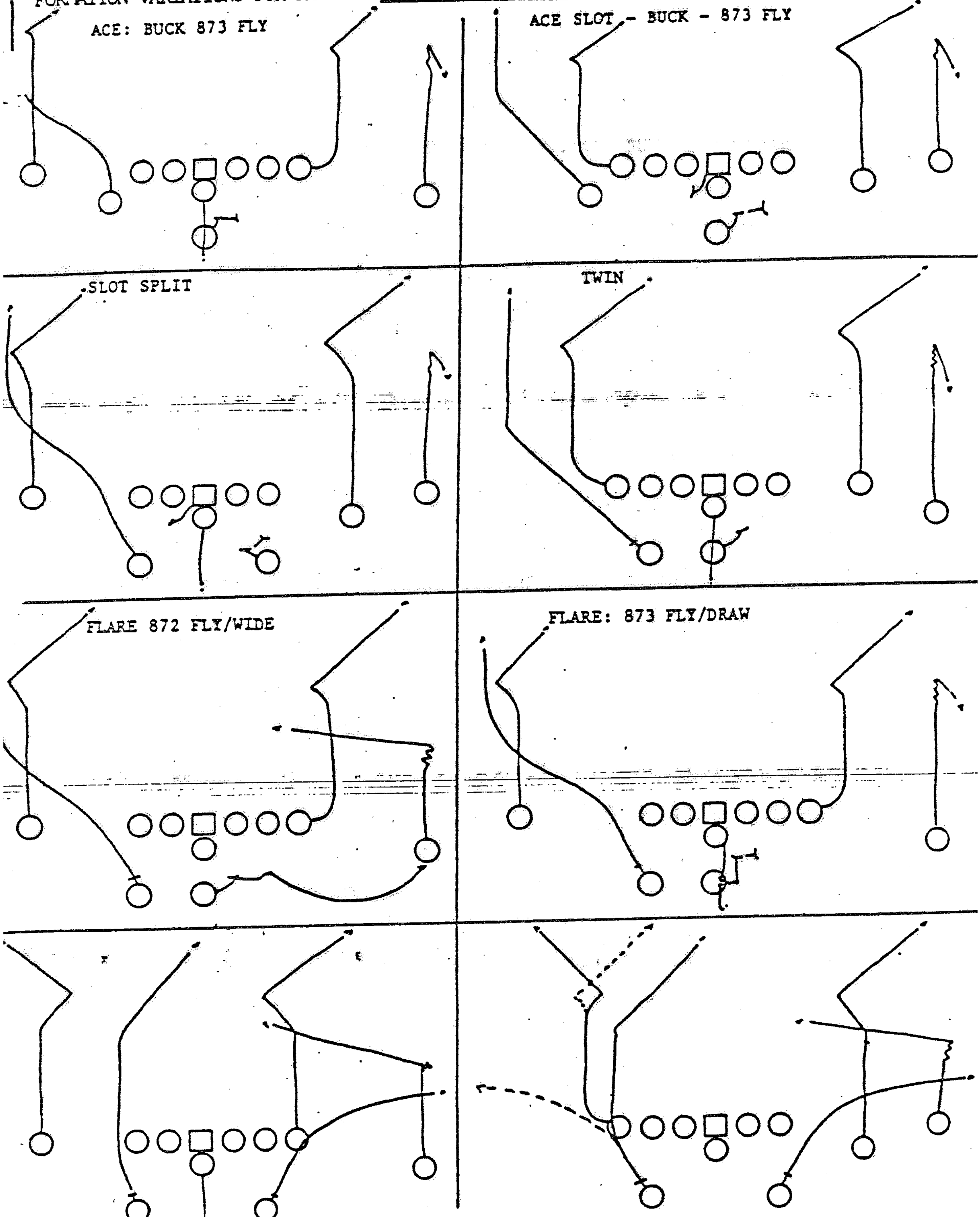
1. 72 Combo strong - Z will delay under Y
2. Read the same as 73 Combo.
3.
4.

Pattern Best Vs. Cover: Any variation of man! 1-3-5-7-9-8! (Ranked in Order

General Comments: Basically you are working off Jack throwing behind his drop. The pattern is really an inside -the plus 20 pattern where you are far more apt to be attacking man coverages. You are going for the score! It can be used in mid-field vs. man teams, especially teams that play a lot of 3 & 5 & 7 coverages!

QB Notes:

FORMATION VARIATIONS FOR PATTERN: EAST 873 FLY



WEST SERIES

THE WEST SERIES IS OUR WEAKFLOOD SERIES, ALLOWING US TO GET 3 RECEIVERS OUT TO THE WEAKSIDE. (X - HB - FB). THE LINE BLOCKS BASE WITH Y USING A S.P.U. TECHNIQUE ON STUB! IF STUB DOGS Y WILL BLOC.. HIM. IF HE DROPS INTO THE BUZZ SYSTEM, Y WILL RELEASE AND RUN THE ROUTE CALLED. THE UNCOVERED LINEMAN WILL HAVE TO BE ALERT BECAUSE THERE WILL BE PATTERNS WITHIN A G.P. THAT WILL CALL FOR A DOUBLE CHECK PRINCIPLE ON MAC TO STUB. Y WILL RELEASE WITHOUT S.P.U.!

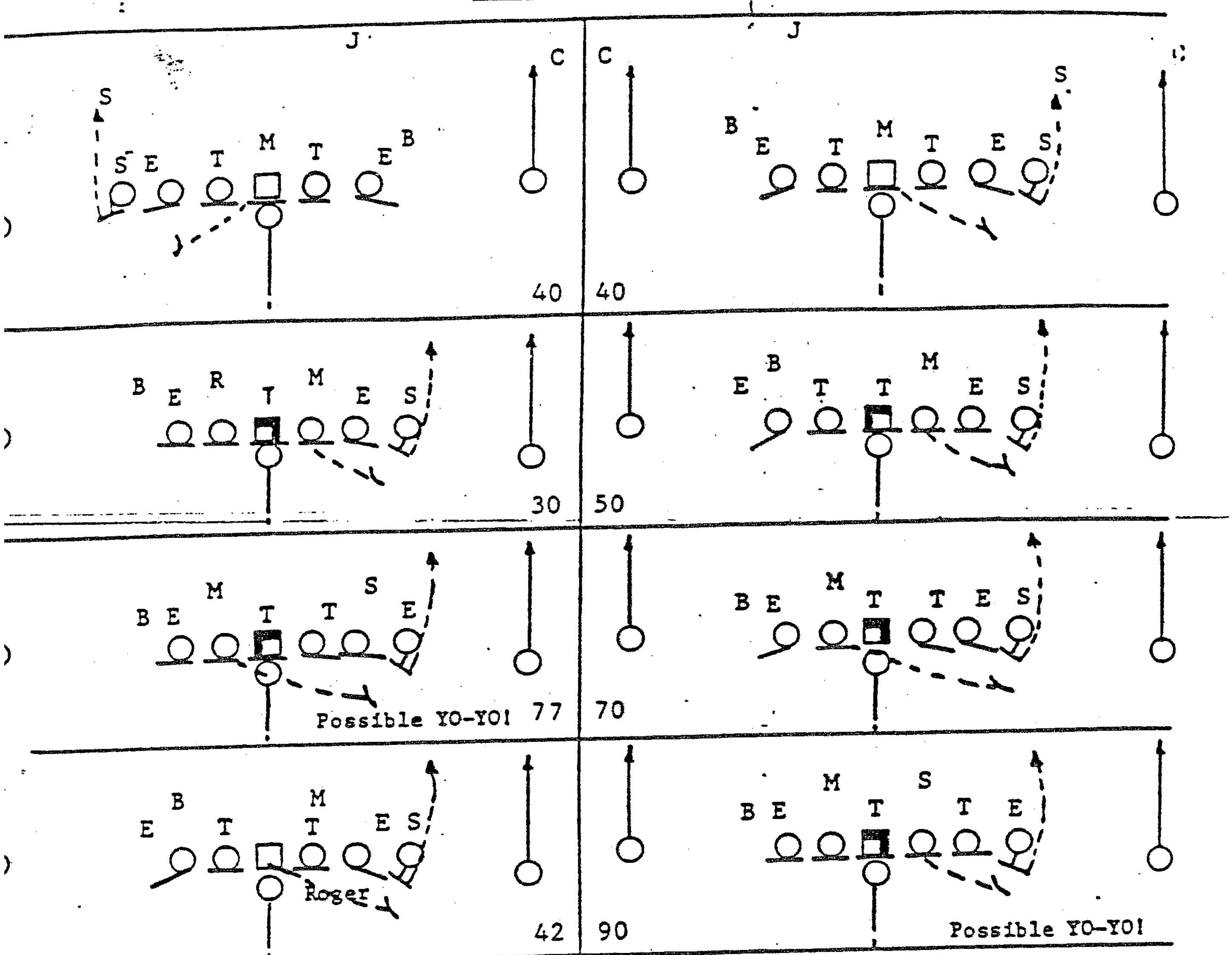
THE HB RELEASES WITHOUT P.U. AND THE FB SLIDES WEAK TO S.P.U. BUCK. IF BUCK DROPS, THEN THE FB RELEASES INTO THE PATTERN. THE QB WILL TAKE A 7 OR A 7 & 2 STEP DROP AS THE RECEIVERS ARE ALL RUNNING FLARE DEPTH PATTERNS UNLESS WEST QUICK OR WEST FIRM IS CALLED.

TO DEFINE A READ STRONGSIDE, THE QB WILL ONLY CALL THE STRONG-SIDE COMBINATION AND X WILL RUN A COMPANION PATTERN. X WILL RUN A 5 WHENEVER Y RUNS A ROUTE THAT BREAKS <u>INSIDE</u> AND A 4 ON AN <u>OUT</u> BREAKING ROUTE!

EXAMPLE CALL: WEST - 17 HASH/WIDE (X RUNS A 4)
WEST - 45 HOOK/HASH (X RUNS A 5)

QUICK AND FIRM TECHNIQUES CAN BE COMBINED WITH THE WEST SERIES TO SHORTEN PATTERN DEPTHS. EXAMPLE: WEST - FIRM - 444 CLOSE/WI

WEST PROTECTION



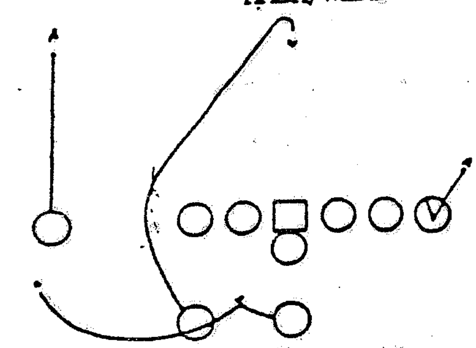
BLOCKING RULES

IGHT END:	S.P.U. #3 - LB'er drops release and run route called!
\SIDE TAC:	Base 2 man.
NSIDE GRD:	Base 1 man.
ENTER:	Base 0 man.
FFSIDE GRD:	Base 1 man
FF?IDE TAC:	Base 2 man
UARTERBACK:	7 Step or 7 & 2 Step Drop - Read B.L.S. to Jack.
K BACK:	No S.P.U. - Run flare control called.
IRONG BACK:	S.P.U. on Buck on the move - No Dog - Run Flare called.
X:	Pattern called.

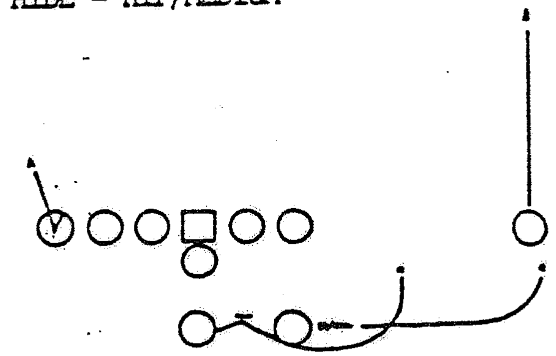
Offensive line - Big men and middle LB'er. Possible D.P.U. for uncov. lineman working back strong on a Mac/Stub P.U. - G.P. will dictate!

VARIATION WEST FLARE ACTIONS

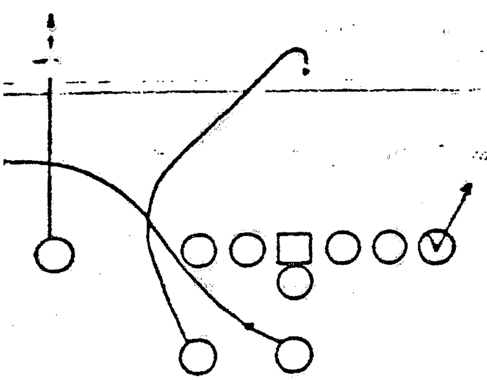
HASH/WIDE



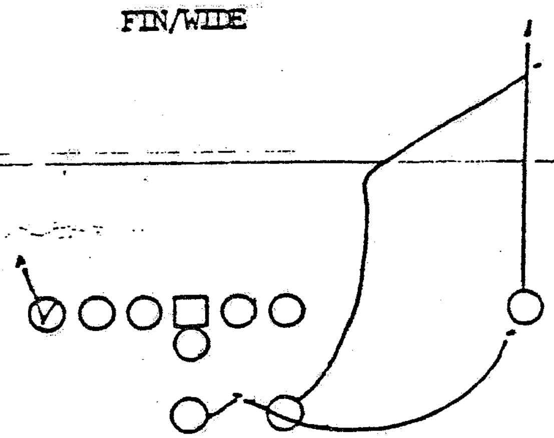
HIDE = HIP/MEDIUM



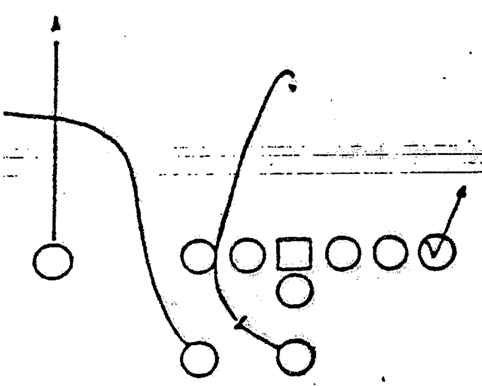
HASH FLAT



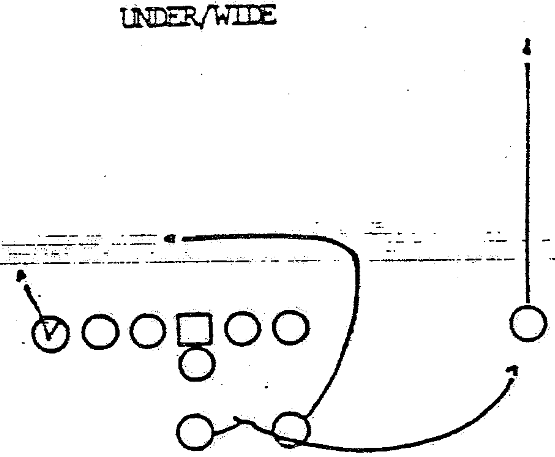
FIN/WIDE



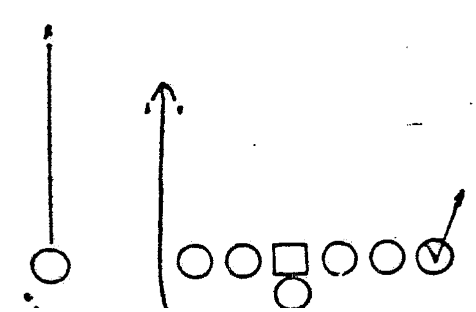
FAN/HASH



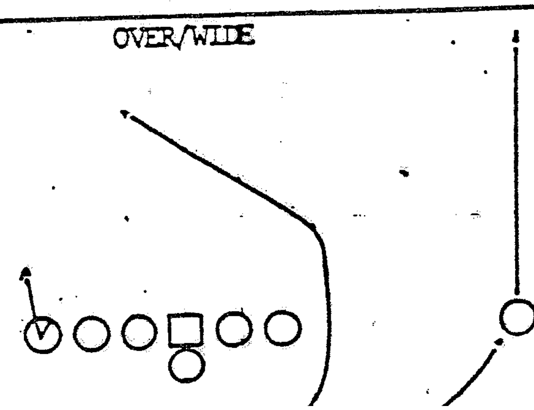
UNDER/WIDE



STOP/WIDE

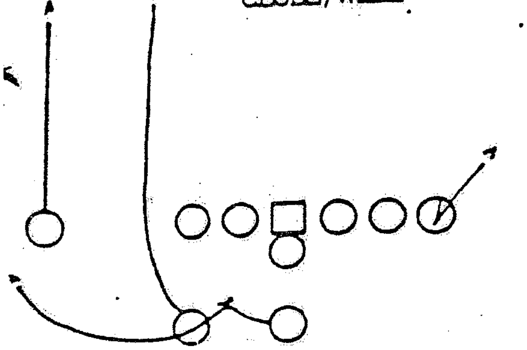


OVER/WIDE

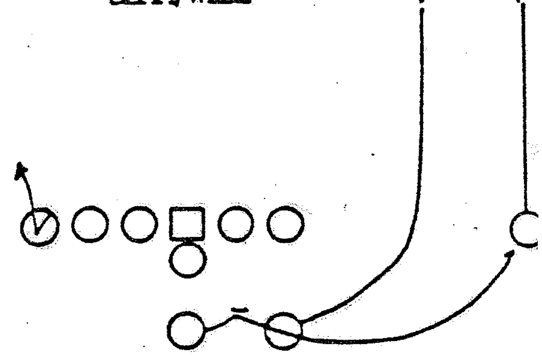


VARIATION WEST FLARE ACTIONS #2

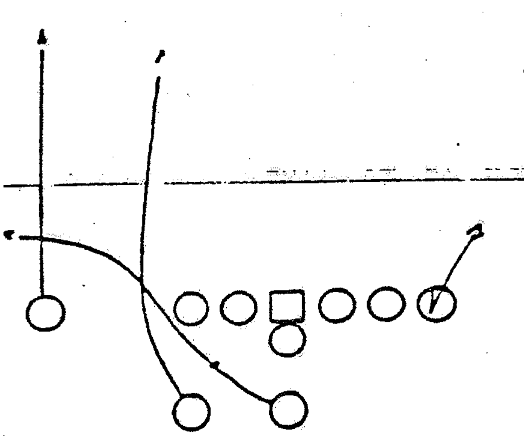
CLODE/WIDE



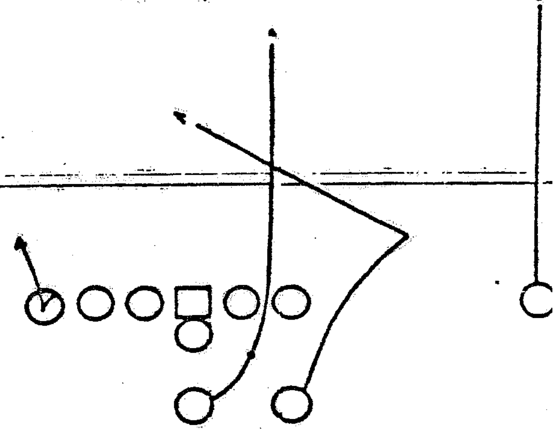
SEAM/WIDE



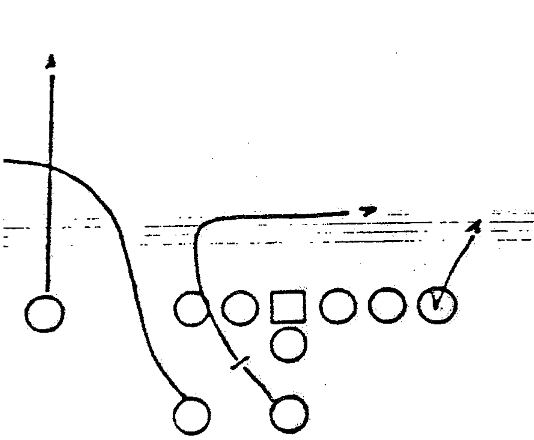
CLOSE/FLAT



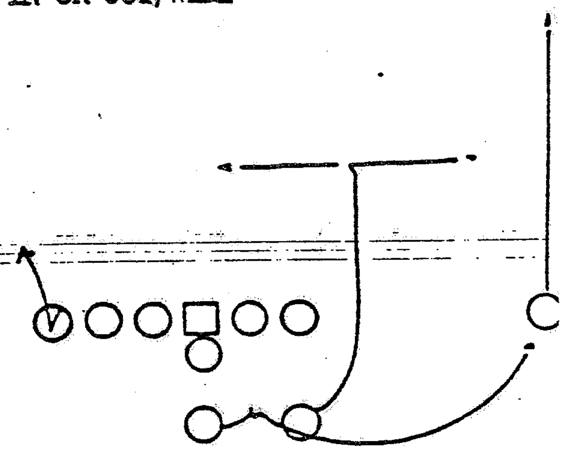
ANGLE/STREAK



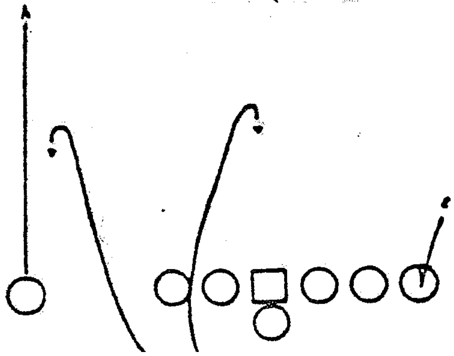
FAN/UNDER



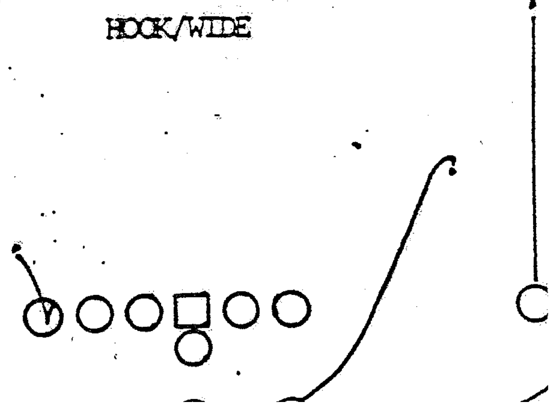
IN OR OUT/WIDE



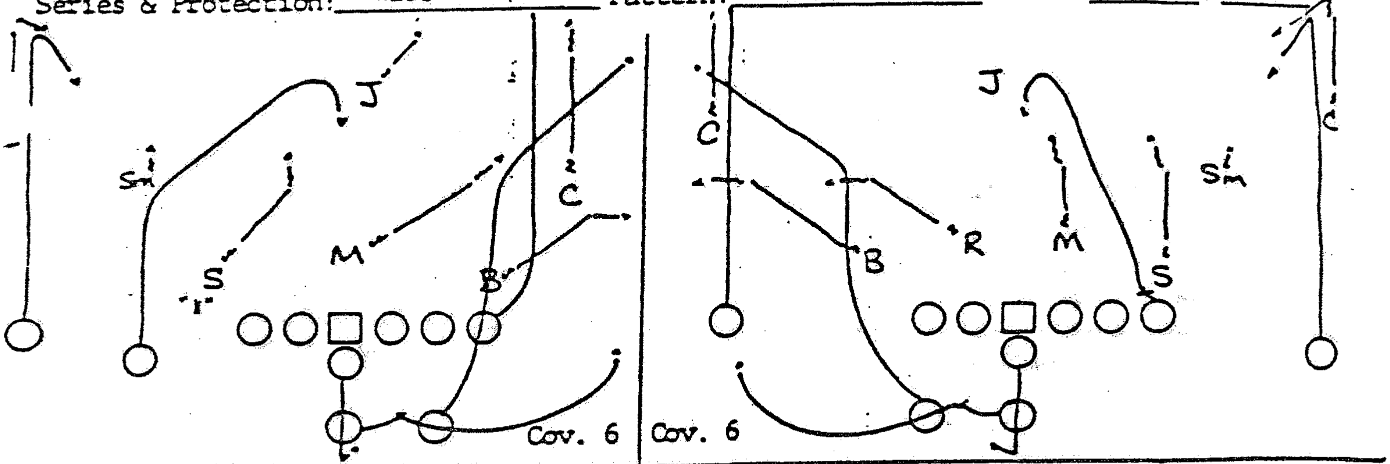
HOOK/HASH



HOOK/WIDE



Series & Protection: WEST Pattern: 944 Flare: FIN / WIDE



Quarterback

P.S.L.: SAFETIES Read: B.L.S. - JACK WK. COR. BUZZ Drop: 7 & 2

Pattern Progression Wk: X TO *HB TO FB Progression Stg: Y TO Z

Blitz/Dog Principle: S.A. SAFETY BLITZES

Rec. Adjs. Vs. Cleo = X/Q: FADE Y/Slot: NONE Z: BURST HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: NONE

Formation Variations: 1. ACE 2. BROWN SLOT/TWIN SPLIT
3. ACE SLOT 4. RED 5.
6. 7. 8.

Series Variations: 1. SOUTHw/BL.SLT 2. 3.

Rec Variations: X/Q: - Y/S: 48 Z: 48

RB Flare Variations: NONE

Use of Movement: ZOOM - ZIN - ZOT - ZEB - TOM - TIM - TOUT - FIP

QB Coaching Points

1. Stride for 7 steps and set up in 2!
2. Think weakside, going to HB! B.L.S. obviously strong, go strong.
3. As you set up, make sure the corner is running with X! X will fade a Cleo!
4. Next, check Buck - Buck deep, lay off to FB. Buck shallow, go to HB Fin!
5. Make sure you don't force a ball. Buck's drop must be defined.
6. Buck dogs, check X 9 1st! HB can be assigned a Shoot vs. Buck dogs by G.P.
7. Throw the ball over the HB's outside shoulder!
8. "OH" call can be used to insure Y's S.P.U. on Stub! He would delay straight if Stub dupe
9. Weak Zone, think Y to Z to FB lay off!
10. Any form of "T" motion, the line must D.P.U.!
11.
12.

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: WEST ________ Pattern: 944 ________ Flares: FIN / WIDE

Halfback (Weakside)
Protection: NO S.P.U. Route: FIN Adj. Vs. Cov: NONE
Variation Routes: NONE Dog Principle: ~~CAN BE ASSIGNED HOT SHOOT!~~
Movement: NONE

C.P.s:
1. Drive at Buck's outside shoulder & push upfield! Read the Buzz System!
2. If Buck takes you man, then beat 'em on Fin - Stick 'em at 8-10 yds.!
3. If zone, work to get behind LB'ers before break into Fin route! (8-10 yds.)
4. Allow X time to clean out. Crease is about 18 yds. deep!
5. If you see a Cleo, hit the crease between the corner & Jack!
6. You can be assigned a Hot break vs. a Buck dog! Would turn Fin into shoot. G.P.

Fullback (Strongside)
Protection: S.P.U. BUCK Route: WIDE Adj. Vs. Cov. NONE
Variation Routes: NONE Dog Principle: PICK UP BUCK
Release: OUTSIDE Movement: FIP

C.P.s:
1. Slide weak and check Buck.
2. Buck dogs. Take up the slack. Buck drops, run a wide!
3. Run a good tempo wide so Buck has to make a decision!
4. Buck drops deep, be alert for the lay off!
5.

X or Q (Weakside Receiver)
Location: BASIC Route: 9 Release: VARY Adj. Vs. Cleo: FADE
Change Up Routes: NONE Blitz Principle: S.A. Movement: NONE
Slot Route: 44 Twin Route: 44 Adj. Vs. Cov: NONE

C.P.s:
1. Think stretch the zone vertically.
2. Attempt to turn the corner outside so he can't see the HB Fin!
3. Make it look as if you are running a true 9 & you are the primary!
4. If you recognize dog, be alert for the ball!
5. Q - Release outside and go! Check over inside shoulder for the ball.
6.

Y or Slot (Middle Receiver)
Location: POC Route: S.P.U. 44 Release: BEST Adj. Vs. Cleo: NONE
Change Up Routes: NONE Dog Principle: BLOCK Blitz Principle: S.A.
TE at Q Route: 9 Adjs. Vs. Cov: NONE Movement: TOM-TIM-TOUT

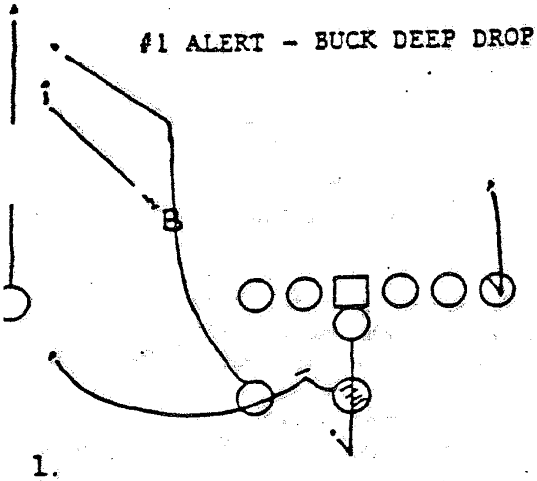
C.P.s:
1. Set quick to block Stub if he dogs. Stub Buzzes, release!
2. Vs. a 90 or 77 defense, block DE until you hear YO-YO call!
3. Run a hash 40.
4. After quick set, you must determine if Stub is locking on or dogging.
5. Zone a Stub dog inside with your OT!
6.

Z (Strongside Outside)
Location: BASIC Route: 44 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: 48 Blitz Principle: S.A. Movement: ZOOM - ZIN - ZEB
Slot Route: 44 Twin Route: 44 Adj. Vs. Cov: NONE

C.P.s:
1. Run a disciplined 4!
2. Don't assume you won't get the ball!
3. QB is reading B.L.S. initially!
4. You have no help underneath so be extra alert to locate the throwing lane!
5.

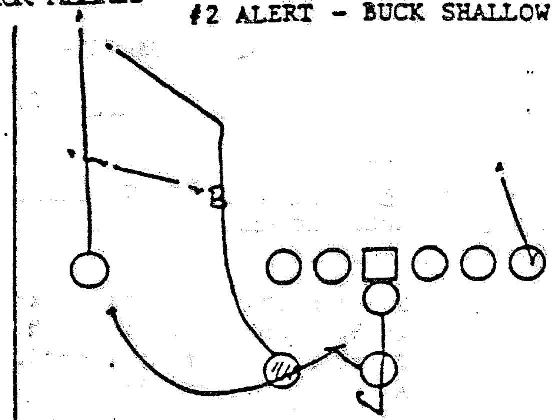
QUARTERBACK ALERTS

#1 ALERT - BUCK DEEP DROP



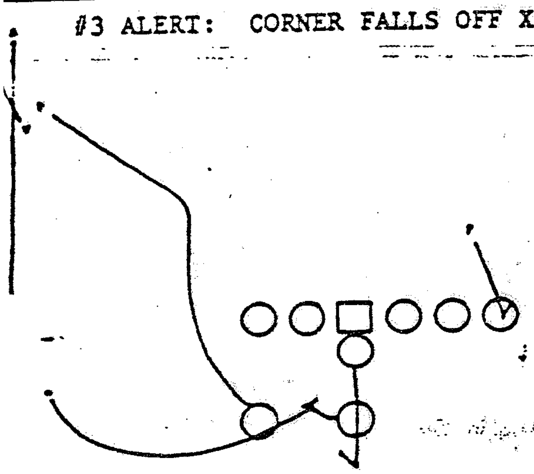
1.
2.
3.
4.

#2 ALERT - BUCK SHALLOW DROP



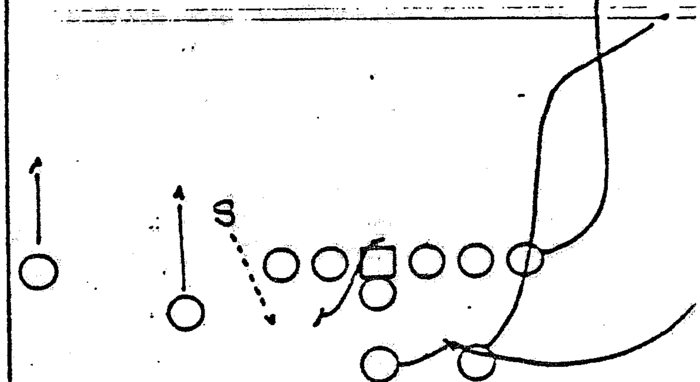
1.
2.
3.
4.

#3 ALERT: CORNER FALLS OFF X9!



1.
2.
3.
4.

#4, ALERT-SLOT-NEED D.P.U. ON MAC TO STUB!



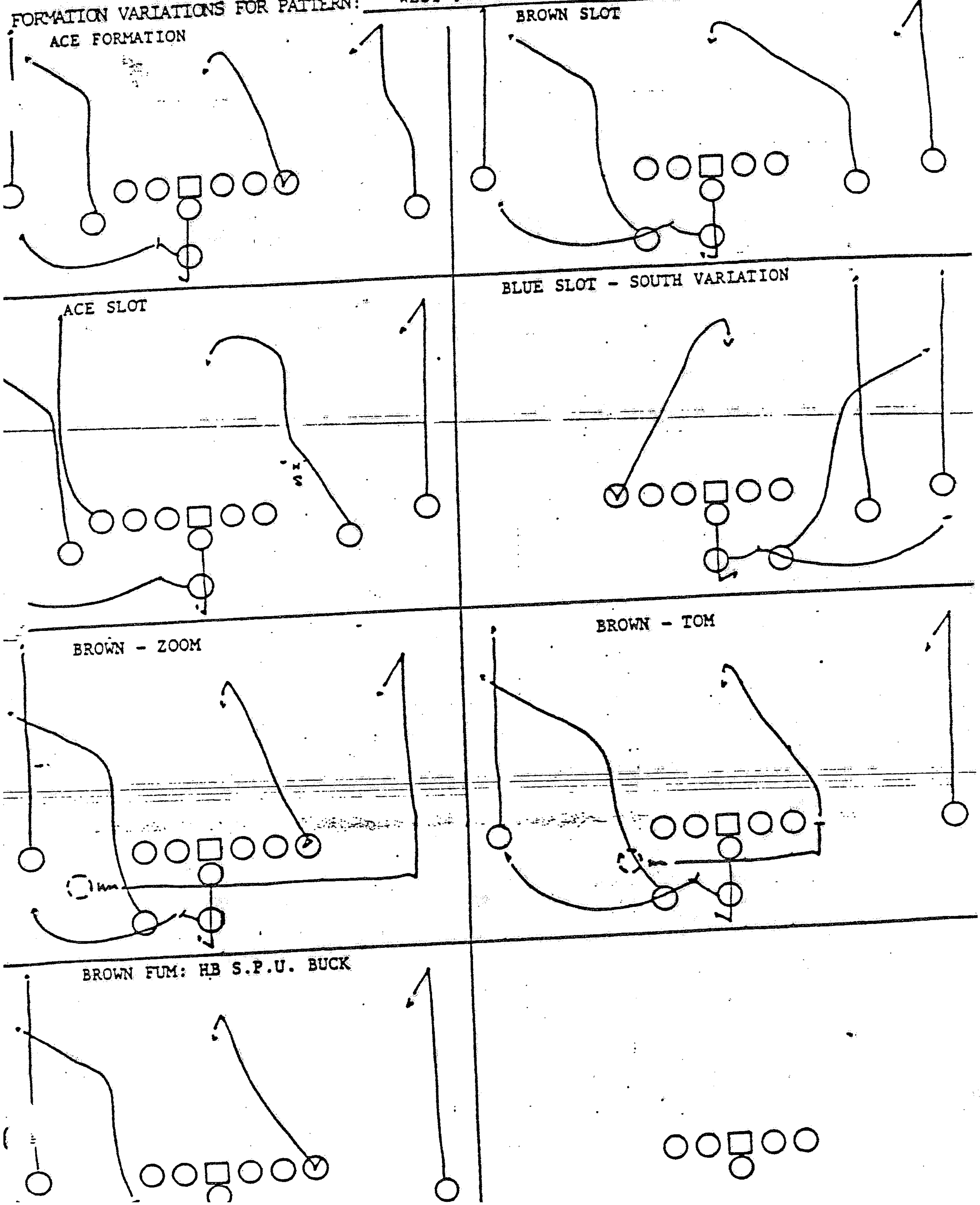
1.
2.
3.
4.

Pattern Best Vs. Cover: 6 - 1 - 8 - 3 - 5 - 2 - 4 - 9 (Ranked in Order

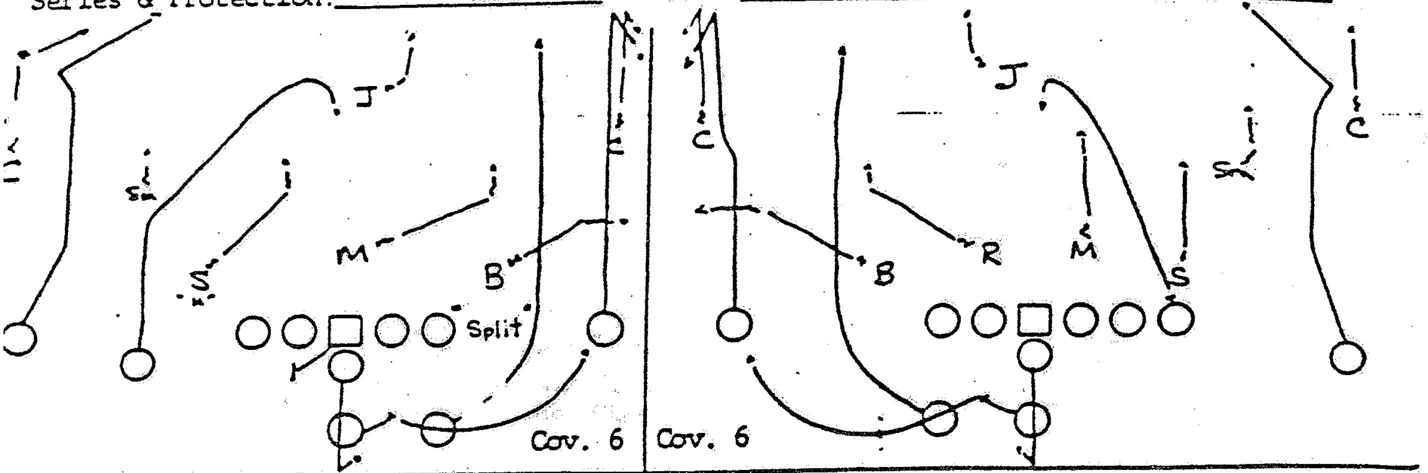
General Comments: This is best vs. a strong zone coverage because of the vertical stretch by X! The HB should hit the crease at about 18 yds. deep. Give him time as he will allow X to clean out. If a form of man, now the HB is on Buck and it should be a mis-match. Be alert for Mac or Rover picking up the HB and Buck releasing to cover the FB. Should be good! This is not a high efficiency pattern but has big play potential!

QB Notes:

FORMATION VARIATIONS FOR PATTERN: WEST 944 FIN/WIDE



Series & Protection: WEST Pattern: 548 Flare: SEAM / WIDE



Quarterback

P.S.L.: SAFETIES Read: JACK TO BUZZ SYS. WK. Drop: 7 & 2

~~Pattern Progression Wk:~~ HB TO X TO FB Progression Stg: Z TO FB

Blitz/Dog Principle: S.A. BLITZES

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: BURST HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: NONE

Formation Variations: 1. BROWN SLOT/TWIN SPLIT 2. ACE
3. RED 4. 5.
6. 7. 8.

Series Variations: 1. BUCK 2. 3.

Rec Variations: X/Q: - Y/S: - Z: 47

RB Flare Variations: SEAM/MEDIUM - SEAM/DRAW

Use of Movement:

QB Coaching Points

1. Stride for 7 steps and set up in 2!
2. Be ready to set up quicker if you recognize the HB coming open sooner!
3. Read Jack all the way.
4. Work behind Jack's drop - Jack strong think HB to X to FB.
5. Jack works weak or hangs weak - think Z on 8! Alert Cov. 4 or 2!
6. If going to HB on seam let it go as he clears the LB'ers. Don't wait too long.
7. Be alert for Mac or Rover coming inside out on the HB seam!
8. If you recognize a dog - think Z post 8!
9. This is ABLE 85 audible to be used vs. an obvious cover 3 or 5 P.S.L.!
10. You must be aware of the weak corners play on the X5! He can fall off inside on the HB Sea
11. Can assign HB a Shoot vs. Buck dogs by G.P.
12. This is not a basic slot or twin pattern - Must have a Split X!

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: WEST Pattern: 548 Flares: SEAM / WIDE

Halfback (Weakside)
Protection: NO S.P.U. Route: SEAM Adj. Vs. Cov: NONE
Variation Routes: NONE Dog Principle: CAN BE ASSIGNED HOT SHOOT
Movement: NONE

C.P.s:
1. Release at a wide arc angle gaining ground as you go!
2. Hit the Seam between X and the OT! Once there head straight upfield!
3. Don't ben- back inside as you look for the ball. Look as you clear LB'ers!
4. Don't get hung up on Buck!
5. Zone coverage - adjust seam to hit the seam between their buzzes!
6. Able 85 Audible

Fullback (Strongside)
Protection: S.P.U. BUCK Route: WIDE Adj. Vs. Cov. NONE
Variation Routes: MEDIUM Dog Principle: PICK UP BUCK IF HE DOGS
Release: OUTSIDE Movement: NONE

C.P.s:
1. Slide weak and check Buck!
2. Buck dogs - take up the slack.
3. Buck drops - run a wide at a good tempo!
4. Be alert for a lay off!
5. Able 85 Audible

X or Q (Weakside Receiver)
Location: BASIC Route: 5 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: NONE Blitz Principle: S.A. Movement: NONE
Slot Route: 48 Twin Route: 48 Adj. Vs. Cov: STAY WITH 5 VS. B & R COV.

C.P.s:
1. Run a disciplined 5 pattern and beat corner 1 on 1 coverage!
2. You are #2 in progression weak!
3. Don't allow corner to fall off inside when playing Zone!
4.
5.
6. Able 85 Audible.

Y or Slot (Middle Receiver)
Location: POC Route: S.P.U. 48 Release: INSIDE Adj. Vs. Cleo: NONE
Change Up Routes: NONE Dog Principle: BLOCK Blitz Principle: S.A.
TE at Q Route: - Adjs. Vs. Cov: NONE Movement: NONE

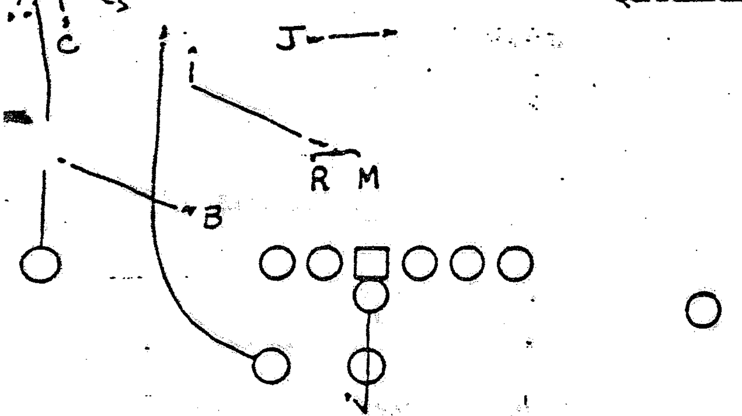
C.P.s:
1. This is not a slot or twin pattern unless split is called!
2. Set quick to block Stub if he dogs. Stub buzzes - release.
3. Vs. a 90 or 77 defense, block DE until you hear a YO-Yo call!
4. Run a hash 40. It is important to release inside & try to attack Jack.
5. G.P. may relieve you of S.P.U. on Stub!
6. Able 85 audible!

Z (Strongside Outside)
Location: BASIC Route: 48 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: 47 Blitz Principle: S.A. Movement: NONE
Slot Route: 48 Twin Route: 48 Adj. Vs. Cov: STAY WITH 8 vs. B & R COVERAGE.

C.P.s:
1. QB is working off Jack. Jack hangs weak he's thinking Z 8!
2. You must beat single coverage.
3. If you get Cleo coverage, burst and run on Sam! If Cov. 2 the QB still has shot
4. Dog coverage he will think Z also!
5. Don't flatten out 8 too much in running away from corner.
6. Able 85 audible!

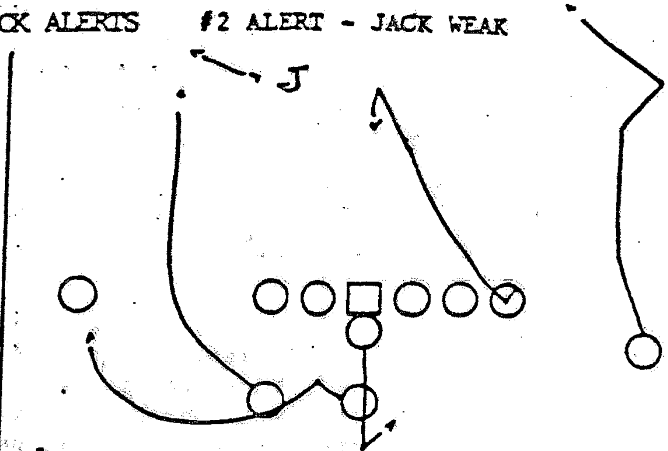
QUARTERBACK ALERTS

#1 ALERT: JACK STRONG



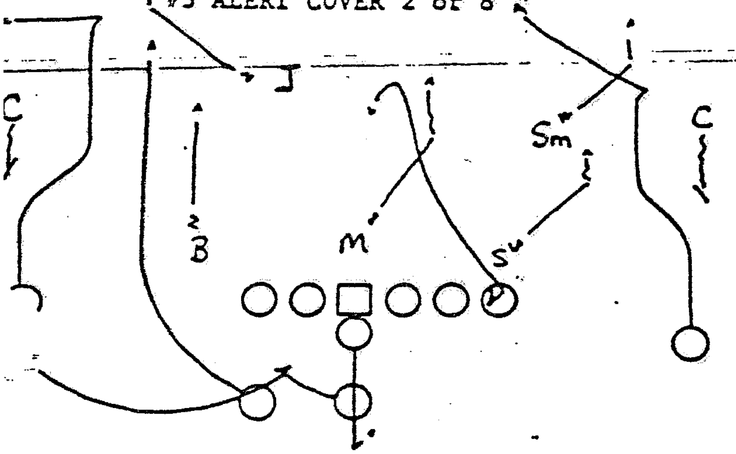
1. Jack Strong - Work HB to X to FB.
2. Alert for Rov. or Mac inside out!
3. Alert for WK corner fall off inside!
4. Let ball go to HB as he clears LB'ers!

#2 ALERT - JACK WEAK



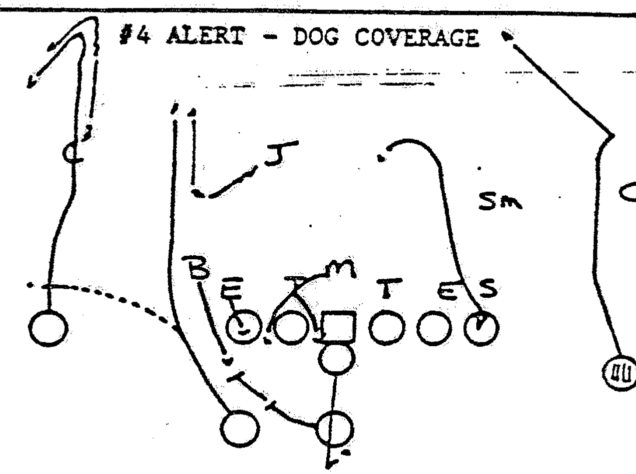
1. Jack Weak - Think Z post 8.
2. Define type of weak coverage!
3. Cover 4 - alert for Sam in deep mid 1/
4.

#3 ALERT COVER 2 or 8



1. Jack weak - check for Cov. 2 or 8!
2. Think Z burst post 8 to FB!
3. G.P. can keep you weak on X burst 5!
4.

#4 ALERT - DOG COVERAGE



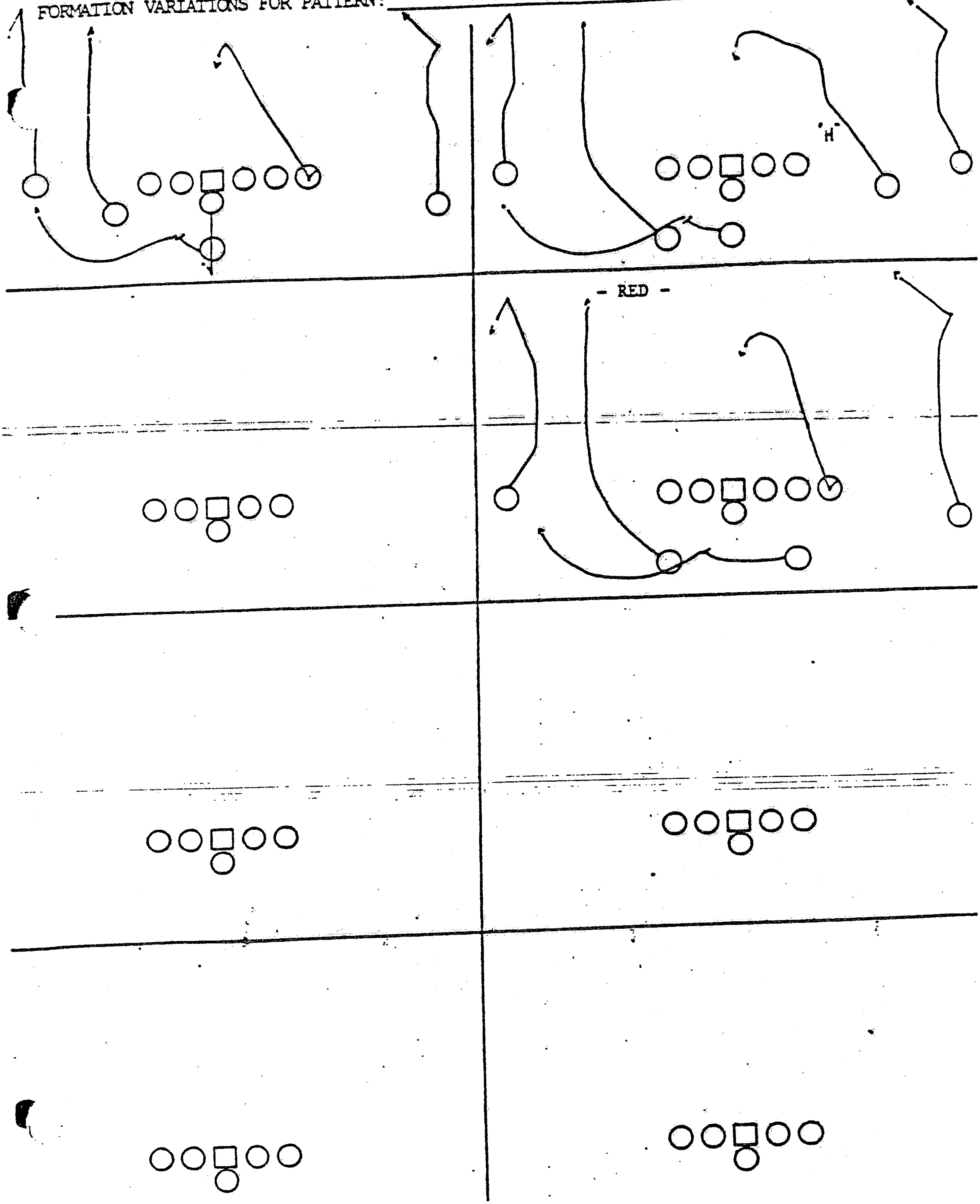
1. If you see dog - think Z post 8!
2. HB can be assigned Shoot by G.P.
3. You are picked up!
4. X still good - Singled up on 5 route!

Pattern Best Vs. Cover: 3 - 5 - 7 - 6 - 1 - 9 - 2 - 8 - 4 (Ranked in Order)

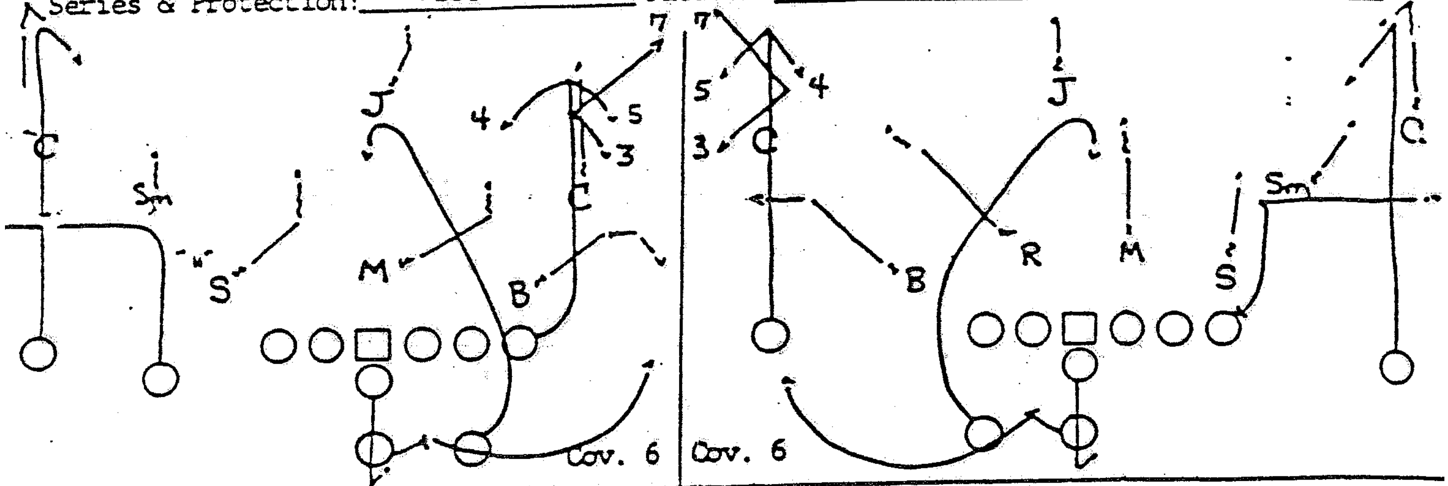
General Comments: This pattern is designed to give us a big play vs. combination coverages such as 3 - 5 & 7! What we want is Mac or Rover in a foot race with the HB! If they take the HB away by holding Jack weak, you now have the Z 8 possibilities! Vs. strong zone, you can get the ball to the HB as long as you don't wait. Can be audibilized to by calling ABLE 85!

QB Notes:

FORMATION VARIATIONS FOR PATTERN: WEST - 948 SEAM/WIDE



Series & Protection: WEST Pattern: X IND. CUTS Flare: HASH / WIDE



Quarterback

P.S.L.: SAFETIES Read: B.L.S. TO JACK TO WK BUZZ SYS. Drop: 7 & 2

Pattern Progression Wk: X TO HB TO FB Progression Stg: Y TO Z TO FB

Blitz/Dog Principle: S.A. BLITZES

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: BURST HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: None: X will fade a 3 Vs. Cleo!

Formation Variations:
1. ACE
2. ACE SLOT
3. SLOT/TWIN SPLIT
4. I
5. RED/GREEN
6.
7.
8.

Series Variations: 1. NONE 2. 3.

Rec Variations: X/Q: 3-4-5-7 Y/S: 14 Z: 14 - 18

RB Flare Variations: X on 4 = FAN/HASH: CLOSE/WIDE

Use of Movement: HIDE/FIP

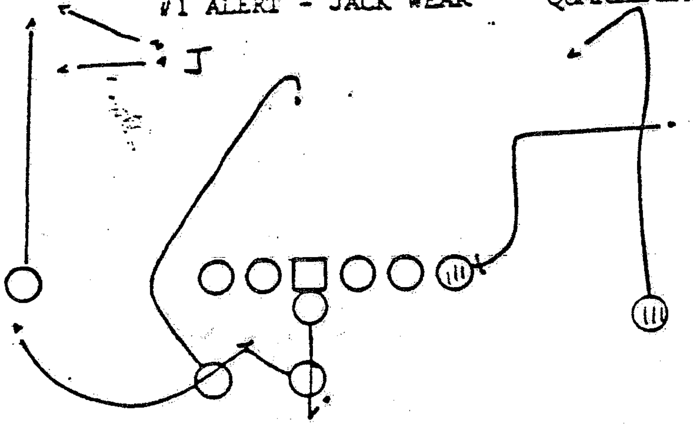
QB Coaching Points

1. Stride for 7 steps and settle in 2 except when throwing an X 3!
2. Use a strongside 14 combination whenever working an individual cut to X!
3. Read B.L.S. to Jack. If Jack does anything but go weak - stay weak!
4. If Jack moves weak, go strong. Alert for strong buzz & Sam!
5. Study the weak buzz system! Buck is not under X - you should be able to go to him!
6. West assures you that the HB will get out.
7. Treat a slot working to Q the same as you do X! Slot requires a D.P.U. on Stub.
8. Y is in S.P.U. unless G.P. dictates a D.P.U. by the OL! No "Hot" Receiver on dog!
9. The strongside combo call can be eliminated once engrained!
10. You are trying to "play catch" with X unless Jack won't allow you to!
11. If an inside LB'er buzzes under X, be more alert for the HB Hash!
12. Set X to wide field and work!

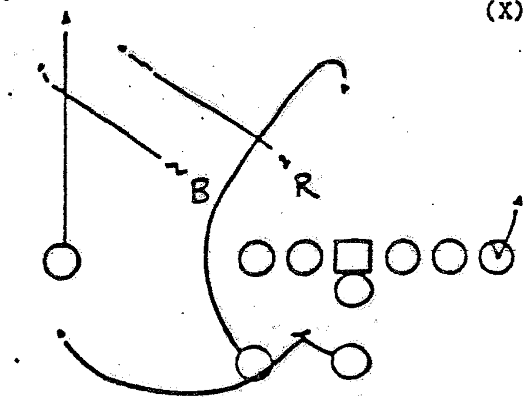
QUARTERBACK ALERTS

(X)

#1 ALERT - JACK WEAK

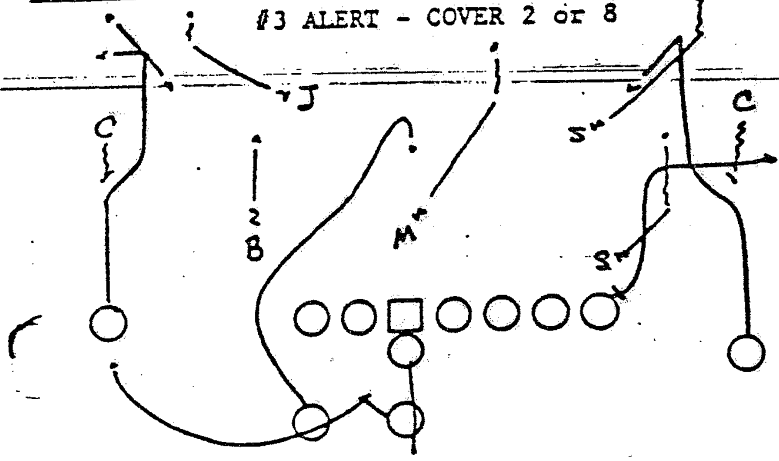


1. If Jack does anything weak - go strong.
2. Use FB as Lay off man!
3. Be aware of coverage under Z!
4.



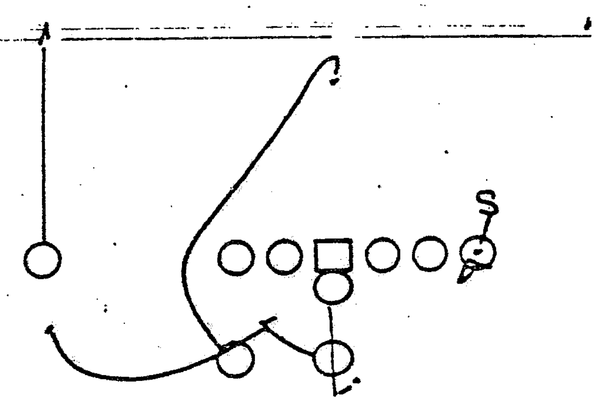
1. Jack doesn't go weak - go to X!
2. LB'ers flow weak better in West act
3. Be alert if they bracket him.
4. Don't forget the HB on HASH - alert

#3 ALERT - COVER 2 or 8



1. P.S.L. a Cov. 2 or 8 - Take your choice!
2. Basic read will put you strong.
3. Don't forget HB in Hash area!
4.

#4 - STUB DOG - No Y!



1. If no G.P. adjustment - Y will P.U.
2. Can G.P. a D.P.U. by OL!
3. Don't look for Y.
4. Still chance of YO/YO!

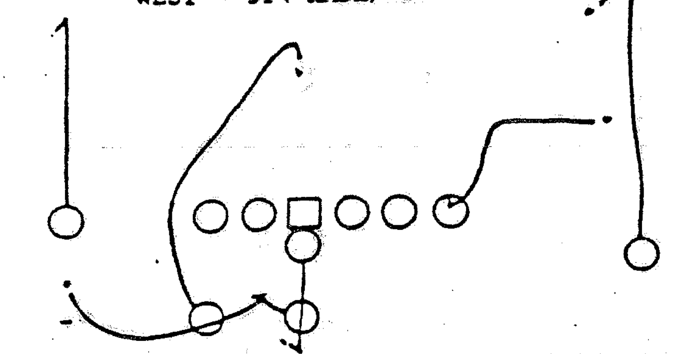
Pattern Best Vs. Cover: Working Weak - 1 - 6 - 3 - 5 - 9 - 2 (Ranked in O

General Comments: You are basically playing catch with X! You just have to be awar of the one man that can hurt you - Jack. You should always use a strongside 14 Comb when thinking X individual! Don't complicate an easy read! Read the area you are attacking and zero in on Buzz system! Don't hold the ball too long - use the FB lay off!

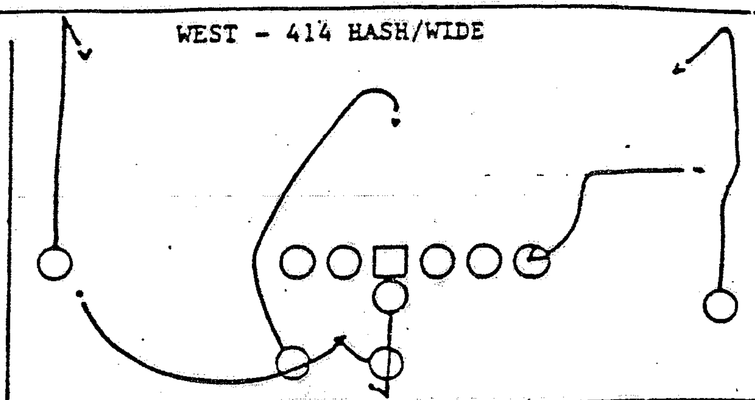
QB Notes:

FORMATION VARIATIONS FOR PATTERN: WEST INDIVIDUAL ROUTES TO X

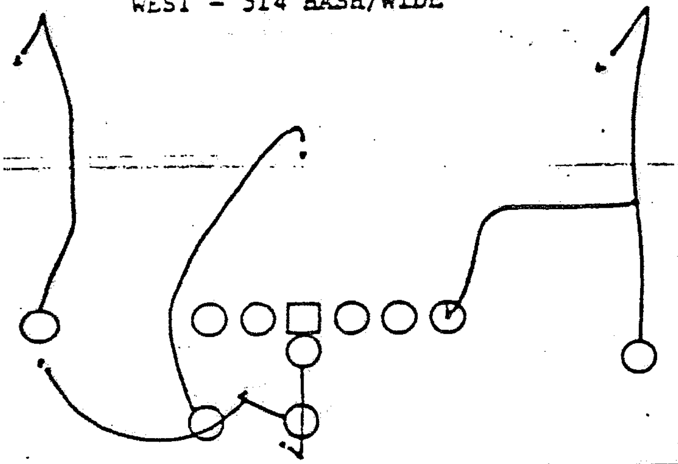
WEST - 314 HASH/WIDE



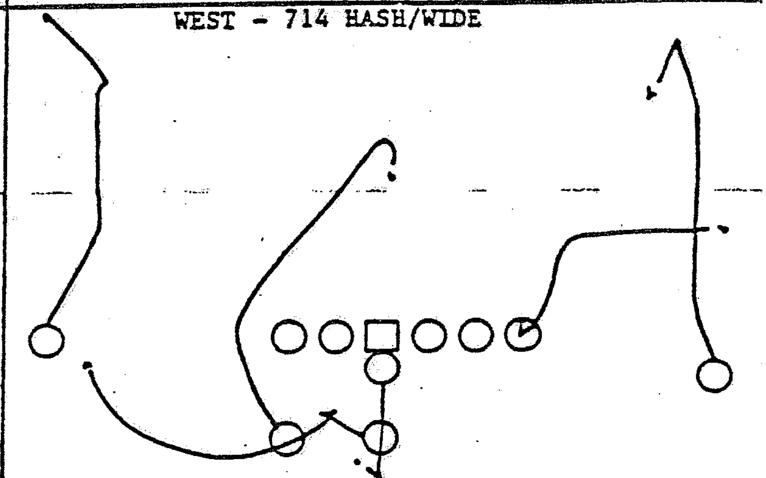
WEST - 414 HASH/WIDE



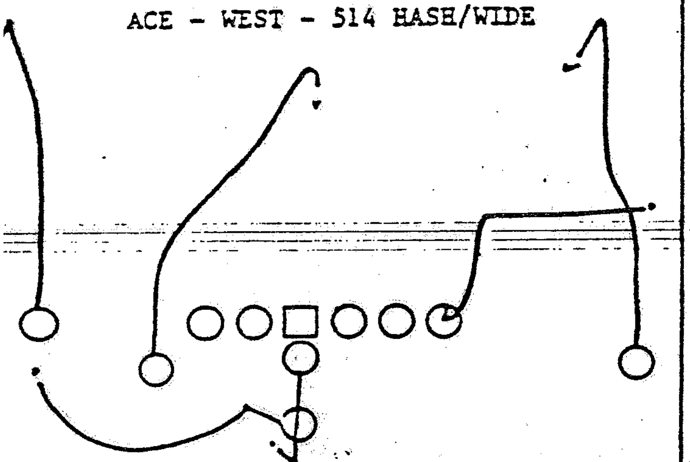
WEST - 514 HASH/WIDE



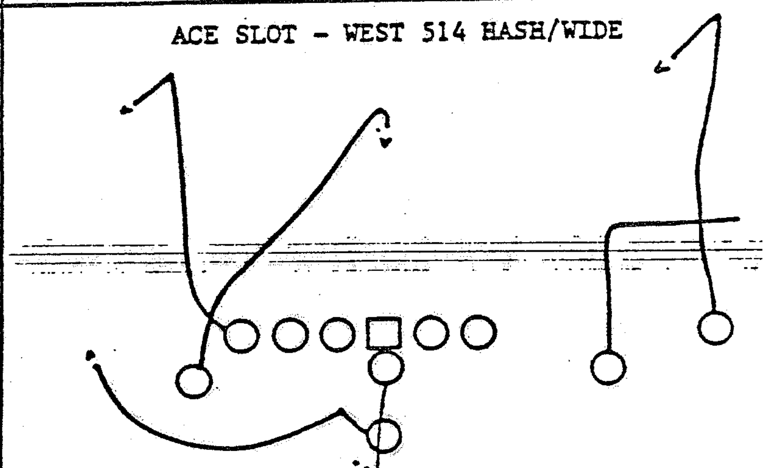
WEST - 714 HASH/WIDE



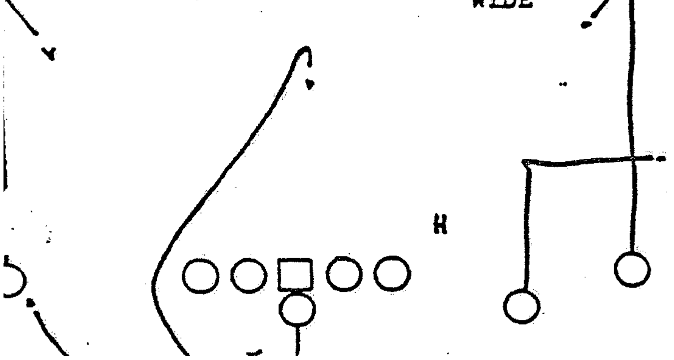
ACE - WEST - 514 HASH/WIDE



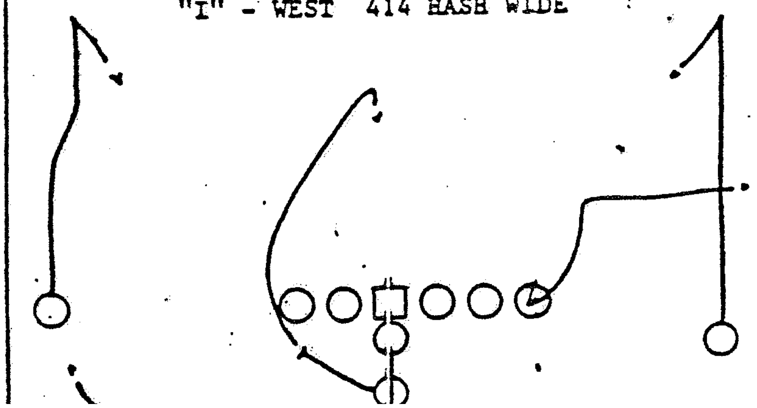
ACE SLOT - WEST 514 HASH/WIDE



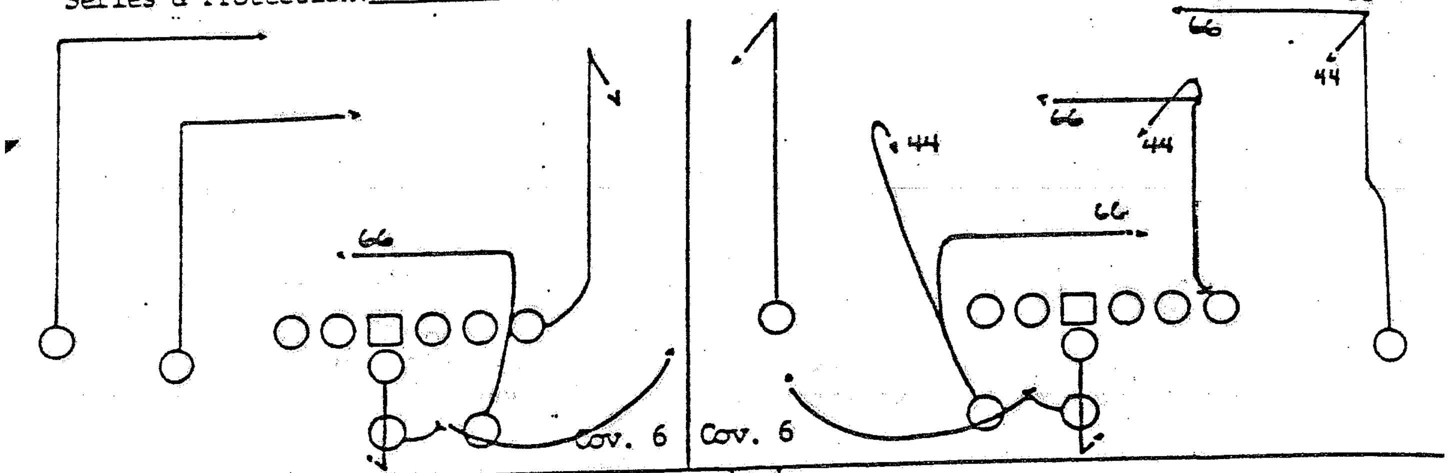
SLOT SPLIT - WEST 414 HASH WIDE



"I" - WEST 414 HASH WIDE



Series & Protection: WEST Pattern: 44 - 66 Flare: UNDER / WIDE
HOOK WIDE



Quarterback

P.S.L.: SAFETIES Read. B.L.S. TO SAFETIES TO BUZZ SYS Drop: 7 & 2

Pattern Progression Wk: X to HB to FB Progression Stg: Y to Z to FB

Blitz/Dog Principle: SA BLITZES. Y is "hot" on all strongside combinations!

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: BURST HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage:

Formation Variations: 1. ACE 2. ACE SLOT (HOW/HIP)
3. SLOT/TWIN SPLIT 4. (I) 5. RED/GREEN
6. 7. 8.

Series Variations: 1. ____ 2. ____ 3. ____

Rec Variations: X/Q: 8 Y/S: 66/44 Z: 66/44

RB Flare Variations: When using a 66 Combo - use an UNDER/WIDE - 44 Combo - Use a HOOK/WIDE

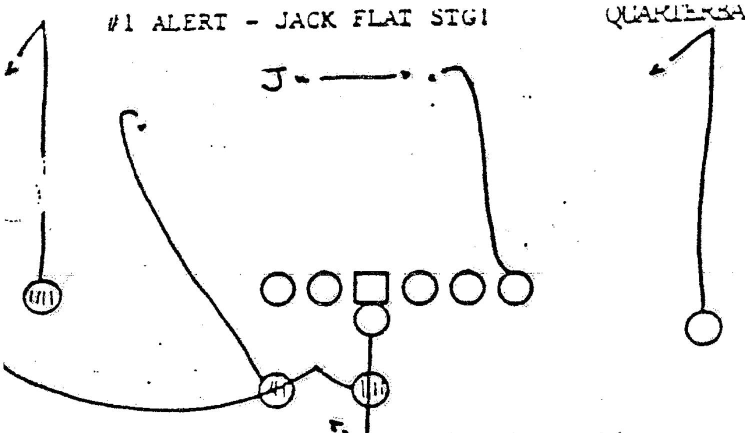
Use of Movement: HIDE

QB Coaching Points

1. Stride for 7 steps and settle in 2! Check Stub on 1st or 2nd Step - Y's hot!
2. Read B.L.S. You still have a weak pattern going but think Sam to Buzz system strong
3. To alert the strongside receivers, only call the strongside combination & the RB fla
4. X will automatically run a 5 route with Y running an inside out!
5. The weak flood action will change the strong buzz system so really concentrate on th bu
6. You must now be more aware of Mac & Jacks play because of the inside cuts!
7. Be alert for Buster coverage and forms of 3 & 5!
8. NOTE: OL will slide vs. a 90 on STRONGSIDE COMBO PATTERNS. Their alert is no X Call:
9. Y will not S.P.U. He will also check Stub in a 90 & 77 defense!
10. Y will break off his routes if he sees a Stub dog - turns into a QK 10!
11. G.P. may dictate a change up - allowing uncovered lineman to D.PLU. Mac to Stub!
12. Remember to change flare call to Hook/Wide when using a 44 Combo!

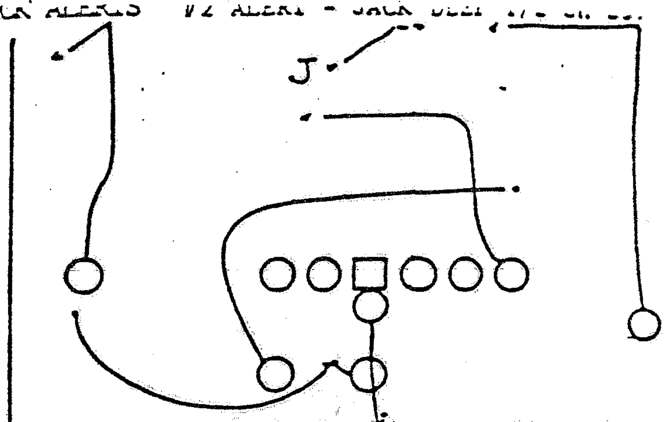
QUARTERBACK ALERTS

#1 ALERT - JACK FLAT STG!



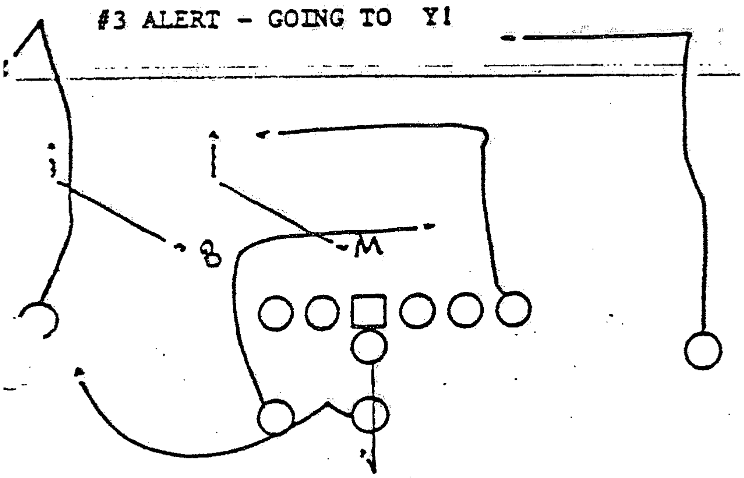
1. Be alert for Cov. 3 & 5. Go weak!
2. Once going weak - read Wk Buzz system!
3.
4.

#2 ALERT - JACK DEEP



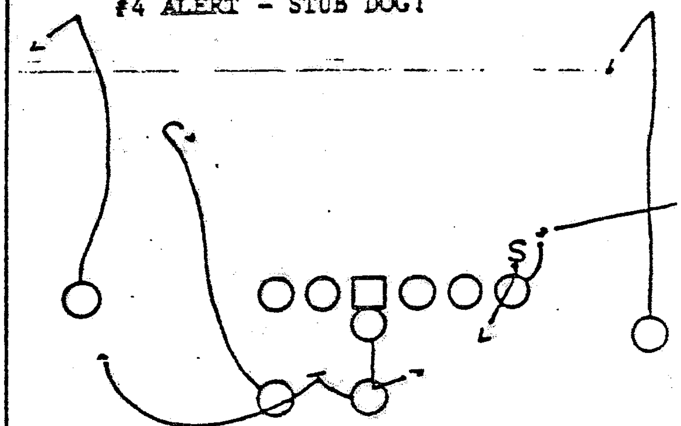
1. Jack working deep 1/3 into Z6 - Alert!
2. Can use X 8 to help control Jack!
3.
4.

#3 ALERT - GOING TO Y!



1. If going to Y - read Wk Buzz system.
2. The further he crosses-more aware of Wk. Buzz
3. Y will settle in an open hole!
4.

#4 ALERT - STUB DOG!



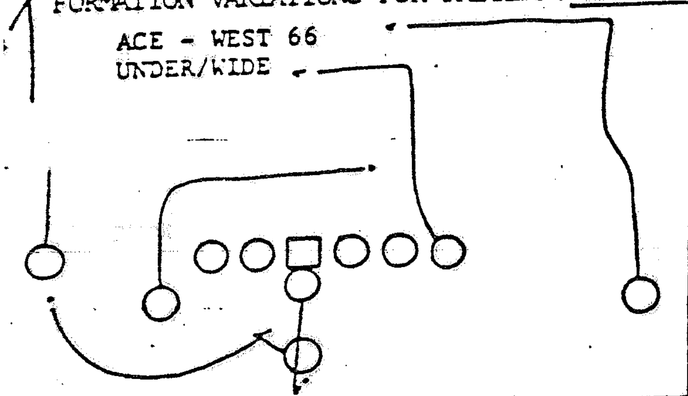
1. Y's hot unless G.P. dictates otherwise.
2. Possible to have line slide w/44 & 66
3.
4.

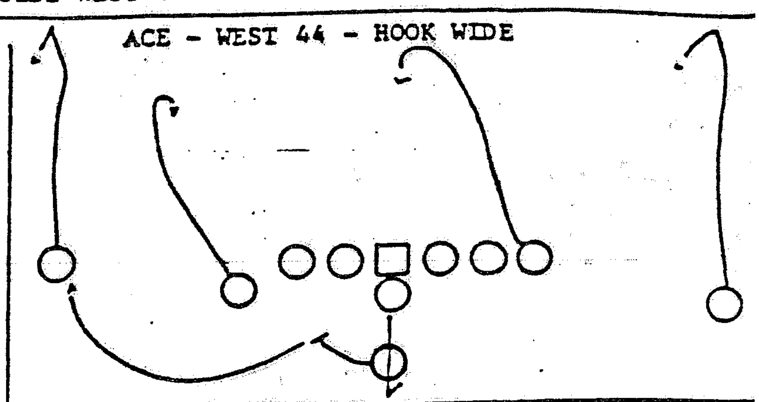
Pattern Best Vs. Cover: 6 - 4 - 7 - 1 - 9 - 2 - 3 - 5 - 8 (Ranked in Order

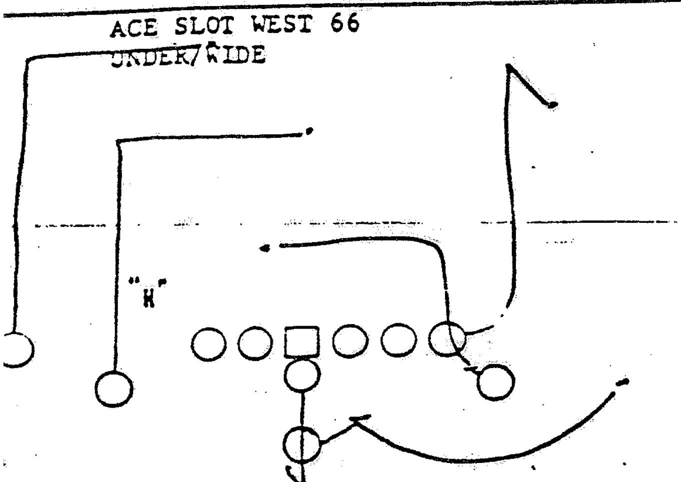
General Comments: Think in terms of you are throwing a 2 man combination pattern and attacking the middle strong area. West will help control Jack but you still have to be aware of his play. Y is still hot on the strong combo! X will automatically run a 5 route so you always have a place to go when Y comes back inside! These are basic strongside patterns. All you've done is eliminate the FB by sending him weak!

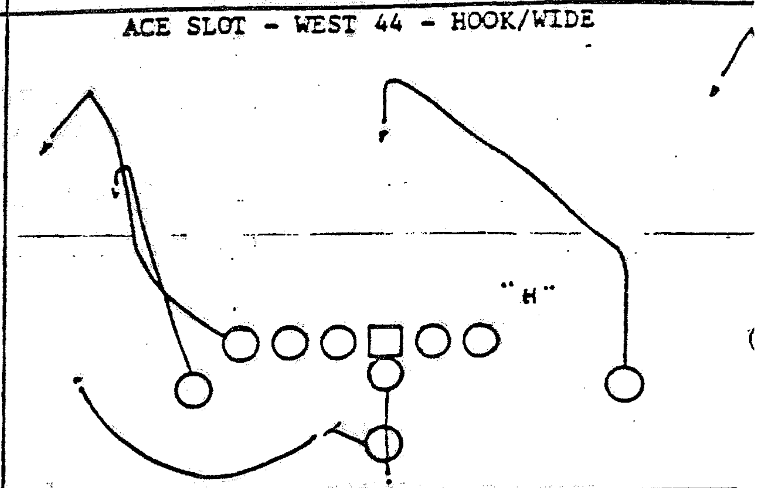
QB Notes:

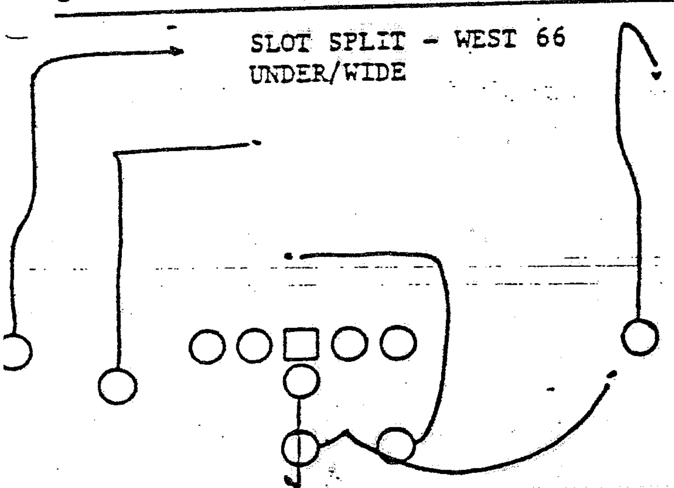
FORMATION VARIATIONS FOR PATTERN: STRONGSIDE WEST COMBINATIONS (INSIDE)

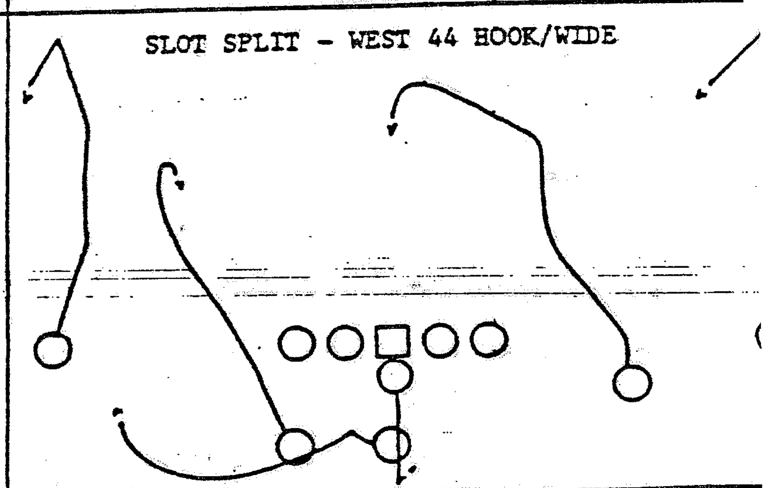


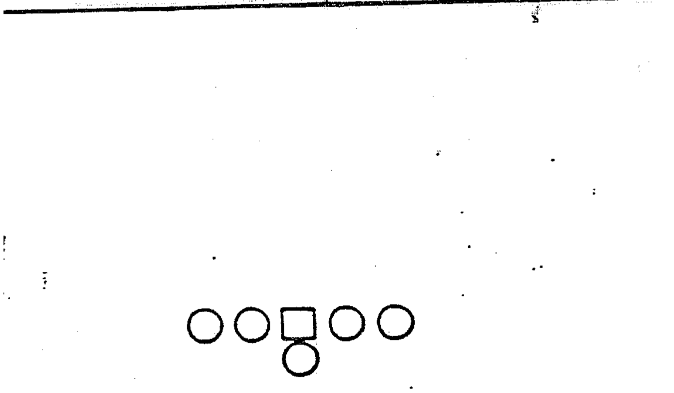


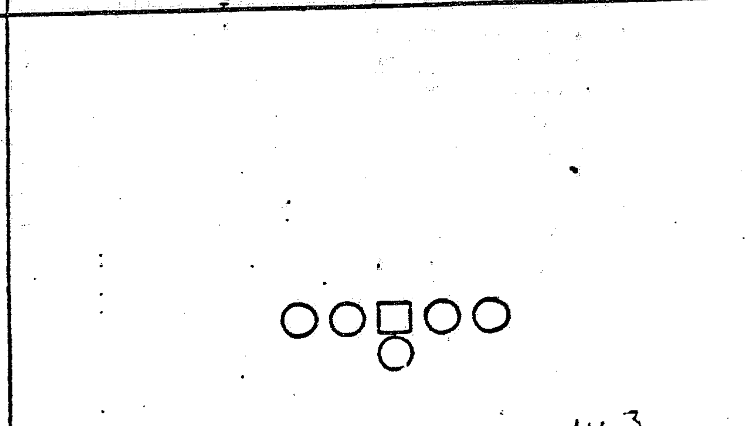




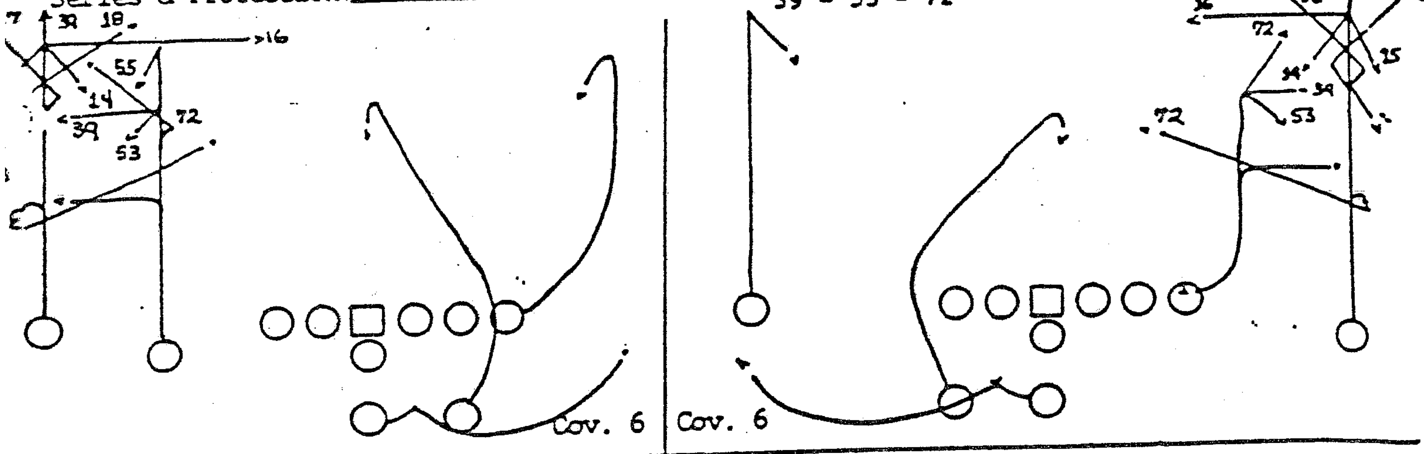








Series & Protection: WEST Pattern: 14-15-16-17-18 / 39 - 53 - 72 Flare: HASH / WIDE



Quarterback

P.S.L.: SAFETIES Read: B.L.S. TO SAM TO BUZZ SYS. Drop: 7 & 2

Pattern Progression Wk: X TO HB TO FB Progression Stg: Y TO Z TO FB

Blitz/Dog Principle: S.A. BLITZES: Y will be "hot" on all strongside combinations!

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: *BURST HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: *Z fades a 3! Y stops a 30! Y changes to QK 10 vs. Strong Dogs!

Formation Variations:
1. ACE
2. ACE SLOT (How/Hip)
3. SLOT/TWIN SPLIT
4. "I"
5. RED/GREEN
6.
7.
8.

Series Variations: 1. 2. 3.

Rec Variations: X/Q: 4 Route Only! Y/S: 14-15-16-17-18 / 39 - 53 - 72 Z: 14-15-16-17-18 / 39 - 53 - 72

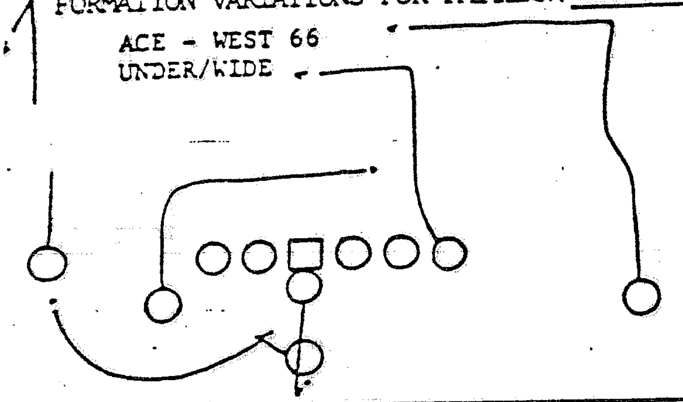
RB Flare Variations: FAN/HASH

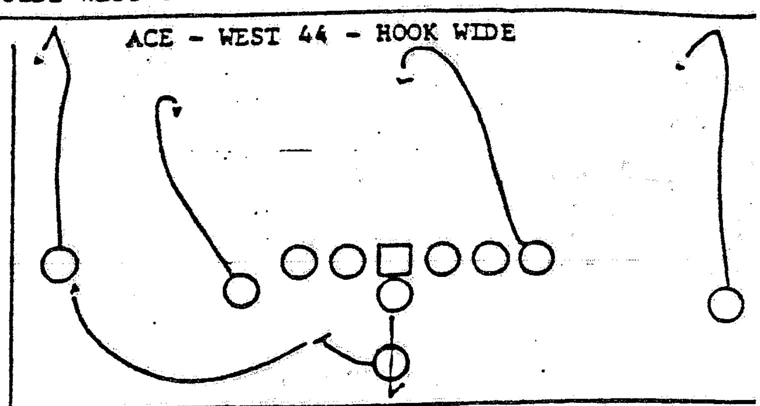
Use of Movement: HIDE

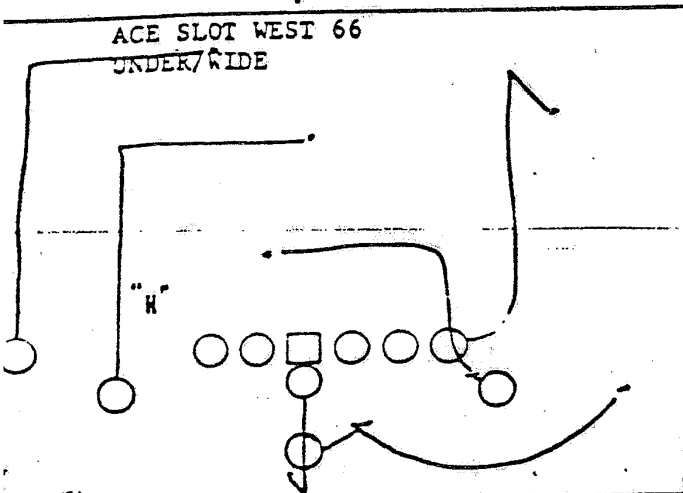
QB Coaching Points

1. Stride for 7 steps and settle in 2! Check Stub on 1st or 2nd step - Y's hot!
2. Read B.L.S.! You still have a weak pattern going, but think Sam to Buzz system stre ;!
3. To alert strongside receivers, only call the strongside combination & the backfield la:
4. X will automatically run a 4 with Y running an out breaking combination with Z!
5. The weak flood action will change the strong buzz system so really concentrate on th ir
6. This is used to give us counter flow in the backfield & break coverage keys! buzz
7. Know how Stub & Sam react! Be ready to set up quicker if Y comes open early!
8. NOTE: OL will slide vs. a 90 on STRONGSIDE COMBO PATTERNS-Their Alert is no X Call!
9. Y will not S.P.U. He will also check Stub on a 90 or 77 defense!
10. Alert for Jack when using a 16 or 18 combination!
11. If using a 53 Combo, use a 5 & 2 drop!
12.

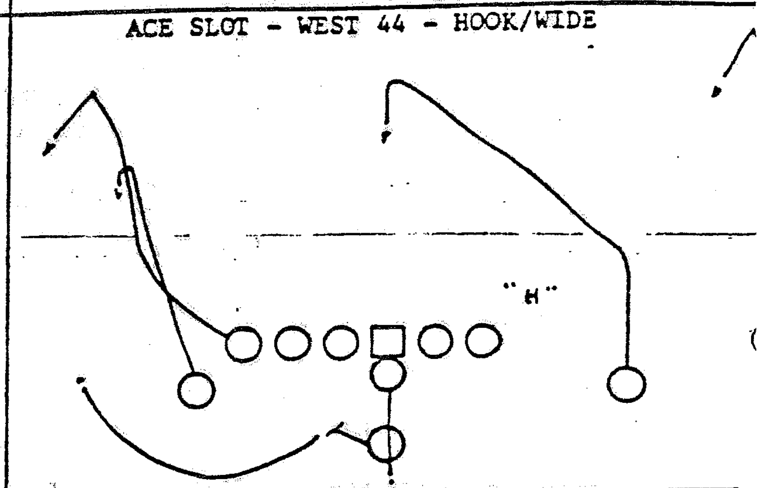
FORMATION VARIATIONS FOR PATTERN: STRONGSIDE WEST COMBINATIONS (INSIDE)


ACE - WEST 66 UNDER/WIDE

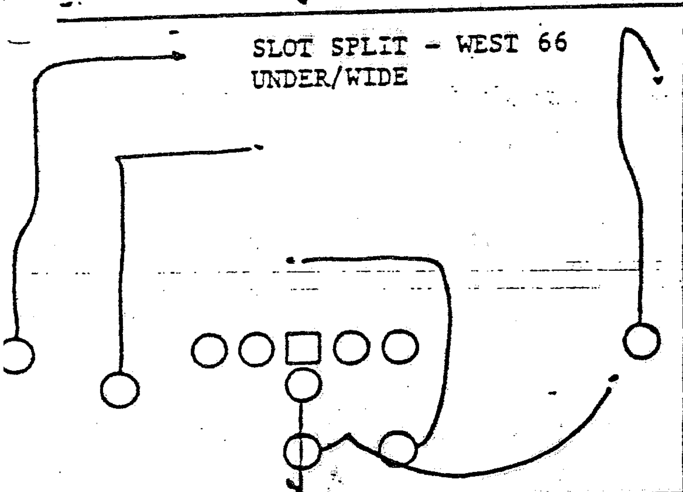

ACE - WEST 44 - HOOK WIDE

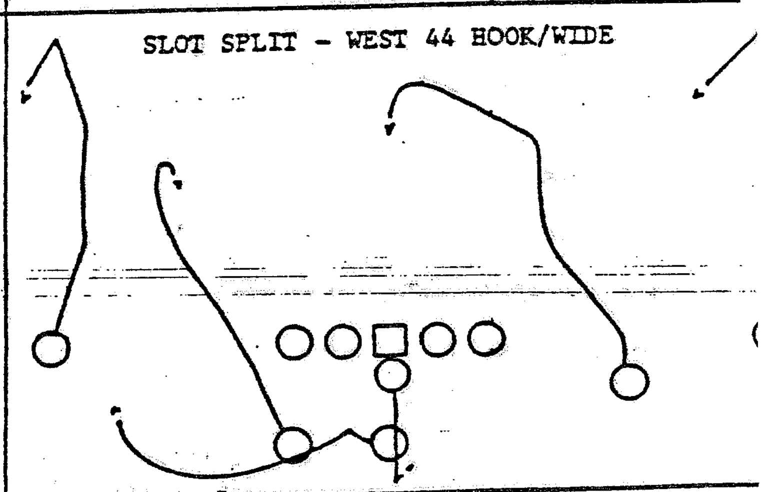


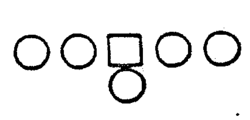
ACE SLOT WEST 66 UNDER/WIDE

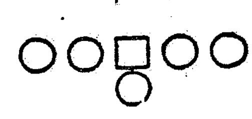


ACE SLOT - WEST 44 - HOOK/WIDE


SLOT SPLIT - WEST 66 UNDER/WIDE

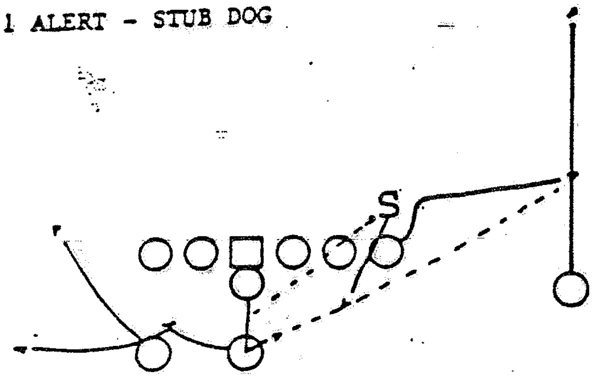

SLOT SPLIT - WEST 44 HOOK/WIDE





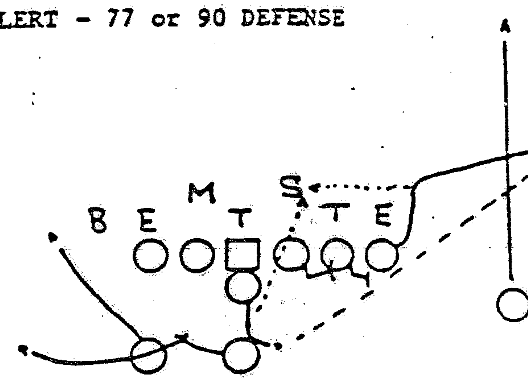
QUARTERBACK ALERTS

#1 ALERT - STUB DOG



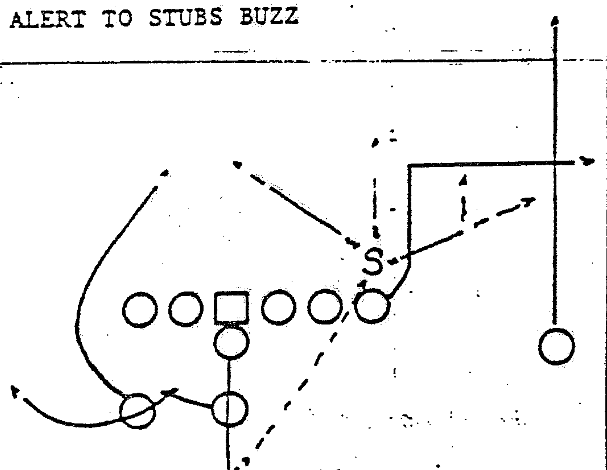
1. Y is hot on all strong combo routes!
2. Check 'em on your 1st or 2nd step!
3. Y does not have S.P.U.
4. He will flatten out, running a QK 10!

#2 ALERT - 77 or 90 DEFENSE



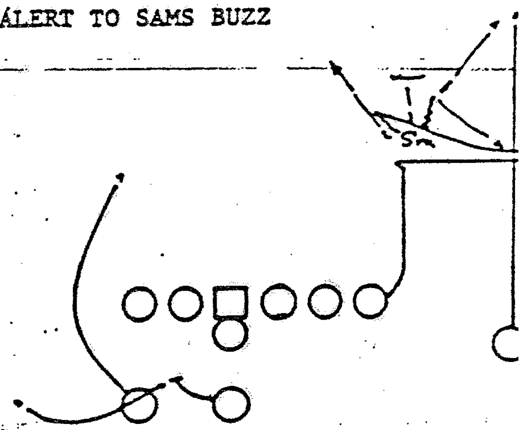
1. The OL will slide - No X call alerts
2. Stub dogs - QB will use Y as outlet!
3.
4.

#3 ALERT TO STUBS BUZZ



1. Stut will not buzz as wide.
2. Stub may sloop to the inside w/West action
3. Man coverage, Stub may work weak!
4.

#4 ALERT TO SAMS BUZZ



1. Sam may not drive Y on 10 route!
2. Alert on Z inside routes.
3. If buster - check Stub's drop!
4. Man may slide inside Y!

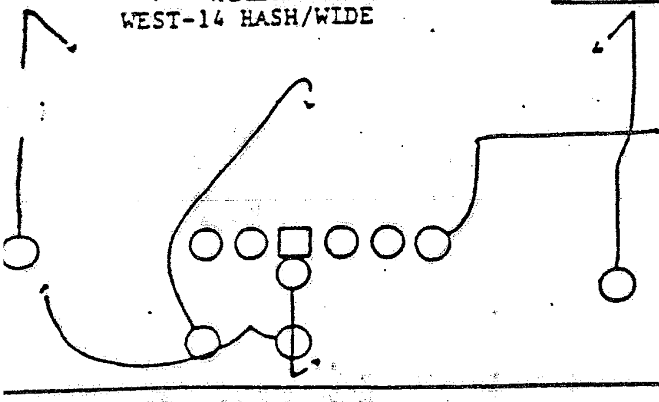
Pattern Best Vs. Cover: 7 - 1 - 6 - 4 - 9 - 2 - 8 - 3 - 5 (Ranked in Orde

General Comments: Think in terms of you are throwing a 2 man combination pattern and attacking a strongside area! Don't complicate the patterns. The only thing different is Y is hot! If you don't like what you see with your B.L.S. read, work the pattern weak. X will always be running the 4 when Y is breaking outside! You will have already learned how to read each strong combination. All you are doing now is eliminating the FB!

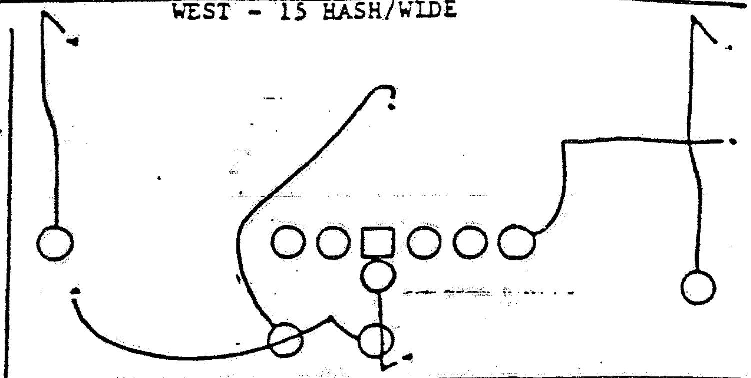
QB Notes:

VARIATIONS FOR PATTERN: STRONGSIDE WEST COMBINATIONS (OUTSIDE)

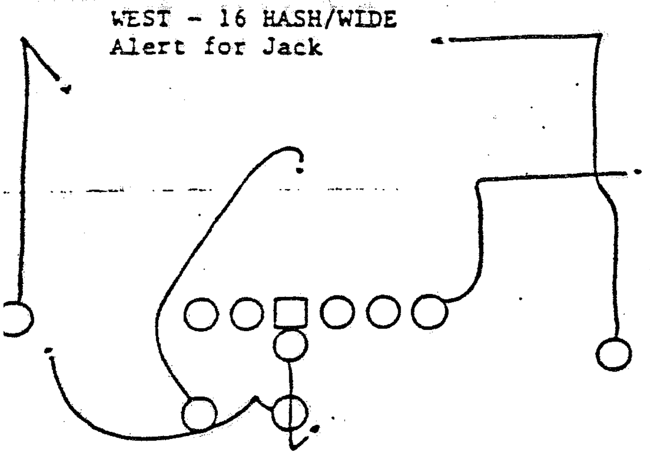
WEST-14 HASH/WIDE



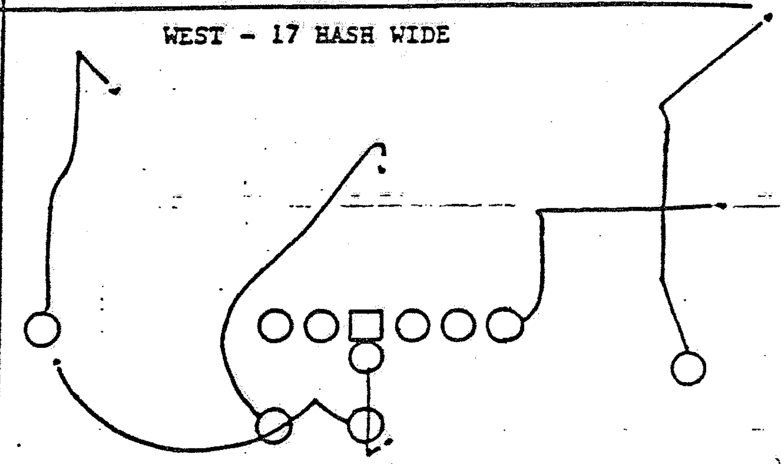
WEST - 15 HASH/WIDE



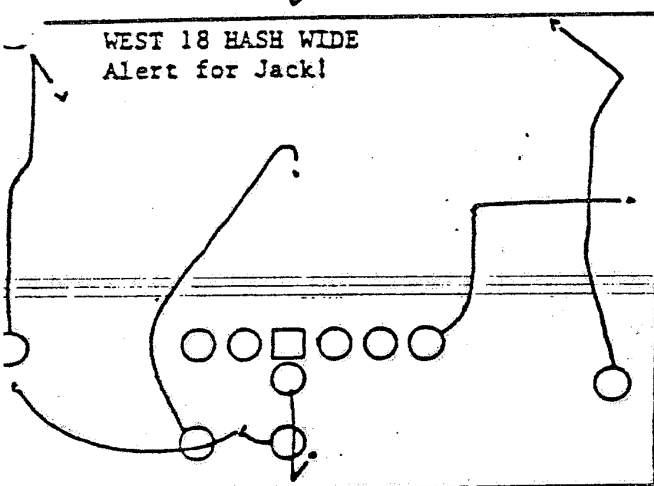
WEST - 16 HASH/WIDE
Alert for Jack



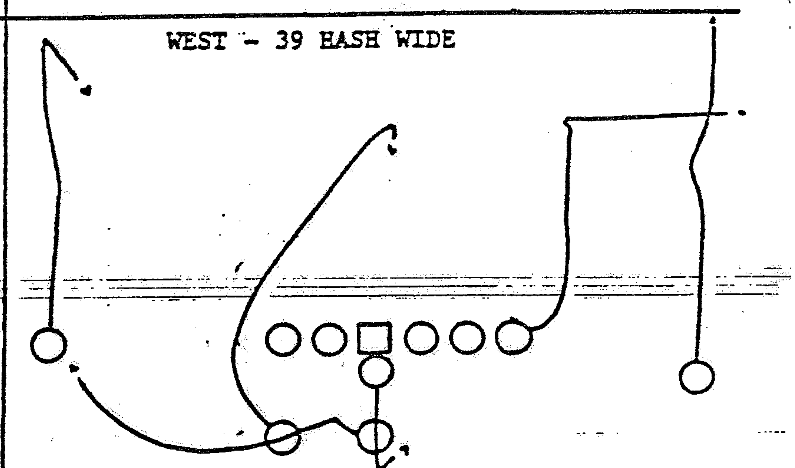
WEST - 17 HASH WIDE



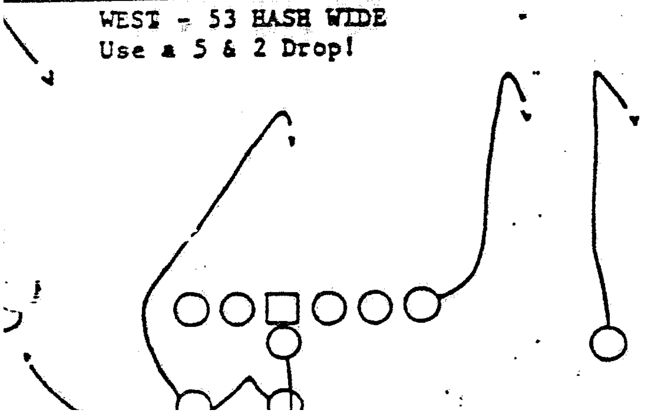
WEST 18 HASH WIDE
Alert for Jack!



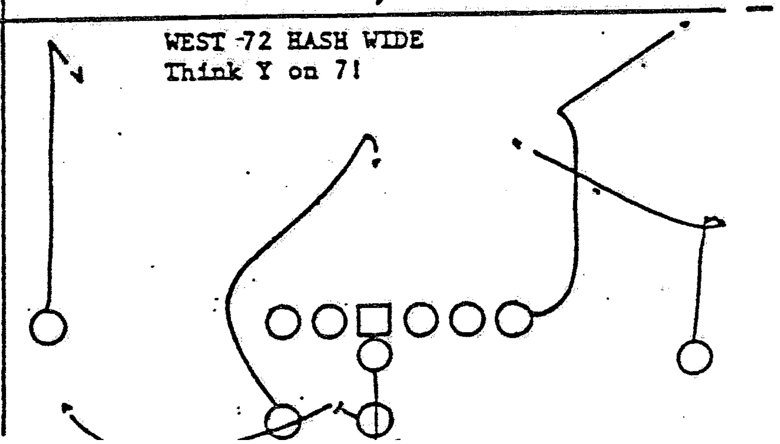
WEST - 39 HASH WIDE



WEST - 53 HASH WIDE
Use a 5 & 2 Drop!



WEST -72 HASH WIDE
Think Y on 7!



STUB SERIES

THE <u>STUB</u> SERIES IS A STRONGSIDE FB PASSING SERIES FIRST AND SECOND A SERIES THAT ALLOWS US TO LINE THE FB UP OUT OF THE BACKFIELD AND RELEASE WITHOUT CONCERN FOR S.P.U. IT IS CALLED STUB TO ALERT THE UNCOVERED LINEMAN TO DOUBLE PICK UP MAC TO STUB WHILE THE HB S.P.U ON BUCK. THE QB READS B.L.S. TO SAM AND THE STRONG BUZZ SYSTEM. BASIC THOUGHT IS "I'M PLAYING CATCH WITH THE FB"! HIS DROP IS 7 OR 7 & 2, BUT HE HAS TO BE PREPARED TO SET AT ANY TIME, DEPENDENT UPON WHEN THE FB COMES OPEN.

ALL RECEIVER ROUTES MAINTAIN THEIR ORIGINALLY ASSIGNED BREAKING POINTS. THE SIGHT ADJUSTMENT PRINCIPLE IS ON AND Y CAN BE ASSIGNED A HOT READ ON MAC IF HE DOGS. WE CAN NOT PICK UP A SMACK DOG - BOTH MAC & STUB DOGGING!

STUB CAN BE COMBINED WITH OTHER SERIES CALLS. EXAMPLE: STUB- FIRM BACKS HOOK

THE BASIC PRINCIPLE OF WORKING TO THE FB IS:

1. FB BREAKING OUT = X ON A <u>5</u> - Y ON A <u>40</u> - Z ON A <u>9</u>
   (549)

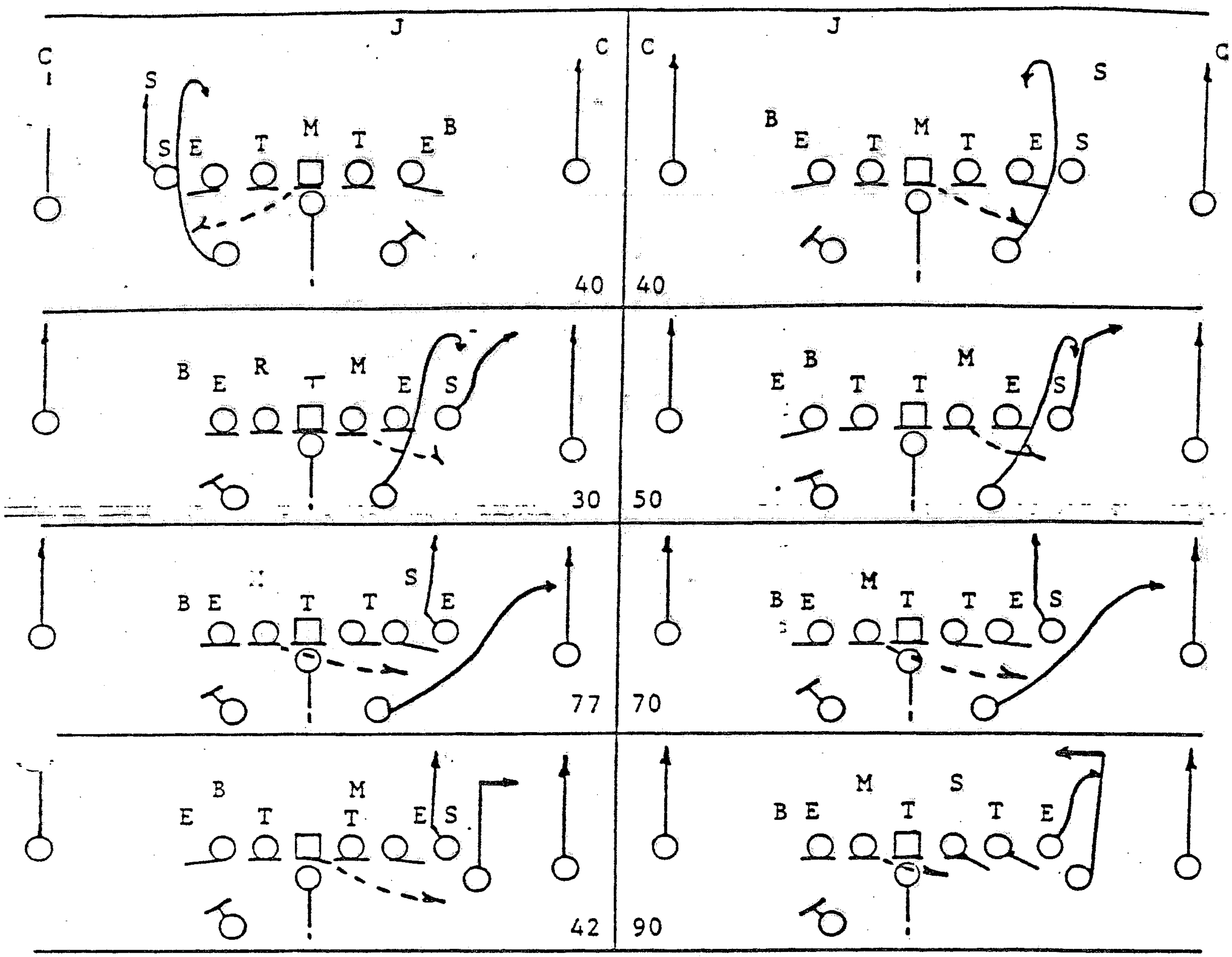
2. FB BREAKING IN = X ON A <u>5</u> - Y ON A <u>90</u> - Z ON A <u>5</u>
   (595)

STUB PATTERNS CAN BE USED IN PLACE OF A NORTH PATTERN IF WE DON'T WANT THE FB TO HAVE TO S.P.U.!

STUB PATTERNS:

1. STUB - 549 OPTION - OUT - HOOK - FIN - FLY - FLAG
2. STUB - 595 - ANGLE - IN - CHOICE - POLE
3. STUB - 444 BACKS FAN
4. STUB - 545 BACKS HOOK
5. STUB - 866 FAN/<u>UNDER</u>
6. STUB - 639 UNDER/<u>LOOP</u> OR FLAT
7. STUB - 272 FLAG/POLE

STUB PROTECTION



BLOCKING RULES

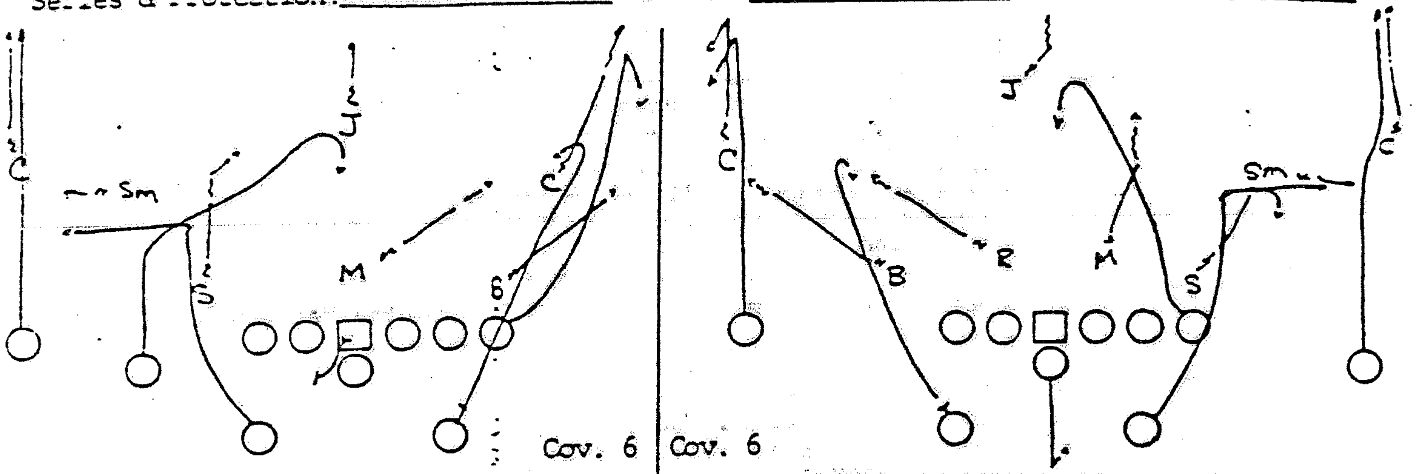
TIGHT END:	Run pattern called - Possible Hot Assignment!
ONSIDE TAC:	Base 2 man.
ONSIDE GRD:	Base 1 man-uncovered-Mac to Stub
CENTER:	Base 0 man-uncovered-Mac to Stub
OFFSIDE GRD:	Base 1 man-uncovered-Mac to Stub
OFFSIDE TAC:	Base 2 man
QUARTERBACK:	7 or 7 & 2 STEP DROP. BE PREPARED.
WEAK BACK:	S.P.U. on [illegible]ck all the way - No Dog - Clean up on assigned rusher.
STRONG BACK:	No S.P.U. - Run flare control called. Possible Hot assignment on Stub.
X:	Run pattern called.

Offensive line - Big men - Mac to Stub

COACHING POINTS   STUB PROTECTION

FORMATIONS:	ALL .	SPLITS: SMART DEPTH: OFF
TIGHT END	1. Run pattern called. Possible Hot assignment vs. Mac Dog! 2. If weakside in a 1 back formation, assume HBs S.P.U. responsibility 3. Sight adjust - safety blitzes. 4. Breaking points are 12 to 15 yds. deep!	
ONSIDE TACKLE (TE SIDE)	1. Base 2 man - Regular set. 2. Alert - 77 - 3 man - 90 - slide call - 3 man. 3. Alert - 30-50 - man to man vs. DE - unless Mac Tough - "ZORO" 4. Zone all stunts - unless bubble yourside.	
ONSIDE GUARD	1. Base 1 man - Regular set. 2. Alert - 90 - slide call - 2 man. 3. Alert - 30-50- Dual pick up - Mac to Stub - unless Mac tough-"ZORO". 4. Alert - covered call to off guard - 70 - 77 - 90 5. Zone all stunts - unless bubble yourside.	
CENTER	1. Base 0 man - regular set. 2. Uncovered - Dual pick up - Mac to Stub. 3. Alert - 30 - 50 - No help strongside. 4. Zone all stunts.	
OFFSIDE GUARD	1. Base 1 man - regular set. 2. Alert - covered call from on guard - dual pick up - Mac to Stub - 70- 3. Zone all stunts.	
OFFSIDE TACKLE (OPEN SIDE)	1. Base 2 man - regular set. 2. Alert - 50-42 - Base DE - 3 man. 3. Zone all stunts.	
QUARTER BACK	1. Take a 7 or 7 & 2 step drop. Be prepared to set sooner when working 2. Think FB or strongside! Read B.L.S. to Sam to Buzz system strong. 3. S.A. safety blitzes! Hot call - FB Hot on Stub dog! 4. B.P.s for WRs are 20 yds. FB - 7 to 10 yds. Flanked out - Off 5 yds 5. FB inside route = 595. FB outside route = 549!	
WEAK BACK	1. S.P.U. Buck - Run route called.	
STRONG BACK	1. No swing pick up. Possible Hot assignment. 2. Run flare control called.	
SPLIT - X	1. Run pattern called. S.A. Blitzes. 2. B.P.s 20 yds.	
FLANKER-Z	1. Run pattern called. S.A. Blitzes. 2. B.P.s 20 yds.	
OFFSIDE	1. Run route called! Weakside 1 back set - S.P.U. Buck.	

Series & Protection: STUB Pattern: 549 (ABLE 75) Flare: HOOK / OPTION



Quarterback

P.S.L. SAFETIES-JACK Read: B.L.S. to SAM to BUZZ SYS. STG Drop: 7 & 2

Pattern Progression Wk: HB to X Progression Stg: FB to Y to HB to X

Blitz/Dog Principle: REC's S.A. SAFETY BLITZES: HOT CALL = FB HOT VS. STUB DOG
Y HOT BY G.P. ON MAC DOG!

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: FADE HB: NONE

FB: STOP Adj. Vs. Cov. 2 & 8 = Y/Slot: R & B

Rec. Adjs. Vs. Coverage: B & G COVER 3 & 5!

Formation Variations: 1. GREEN/GREEN SLOT 2. ACE STRONG
3. BLUE 4. SLOT/TWIN SPLIT 5. ACE SLOT STRONG!
6. "D" FORMATIONS 7. 8.

Series Variations: 1. STUB HOT 2. NORTH HOT 3. SOUTH HOT

Rec Variations: X/Q: - / / Y/S: 19 / / Z: - / /

FB Flare Variations: OUT/HOOK/FIN/FLAG

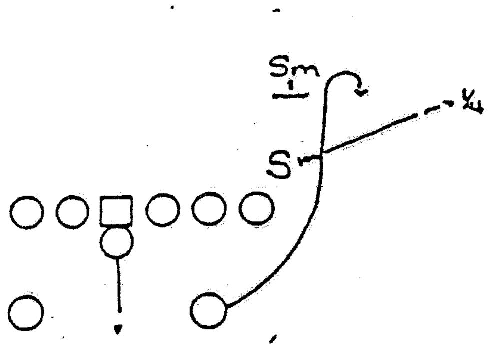
Use of Movement: ZOOM/ZIN/ZOT/TIM/TOM

QB Coaching Points FOR STUB WITH FB BREAKING OUTSIDE!

1. Stride for 7 steps and settle in 2 steps! (Drop Option)
2. Sam is used as a coverage indicator for strong or weak coverage!
3. Strong coverage read Sam to strongside buzz system!
4. Concentrate on getting the ball to the SB! Know who can take it away & read 'em!
5. FB covered, think Y to weakside combination! Alert for Cov. 3 or 5!
6. Stub 1 on 1 man on SB, SB will beat on an 8 yd. out!
7. Stub buzzes wide area, SB will Stop at 8 yds.! Alert Sam buster! Cleo, SB will Stop!!
8. Hot call, SB will be hot vs. a Stub dog! You are not picked up vs. a Smack dog!
9. FIN CALL: Change Y to a 19 Combo! FB will release inside Y & hit the crease with Fin!
10. Read the same, but be very alert to study stg. corner coverage on Z 9! Can fall off!
11. Basic rule for SB breaking outside, put Y or Slot & Z on a 49 Combo!
12. You may have to shorten your 7 & 2 drop if the SB comes open earlier!
13. Be alert for multiple LB'er defenses and forms of nickel!
14. 90 front. Read the same with more awareness of how Sam plays!

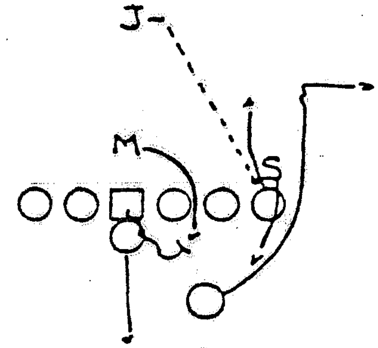
QUARTERBACK ALERTS

#1 ALERT: SAM'S PLAY



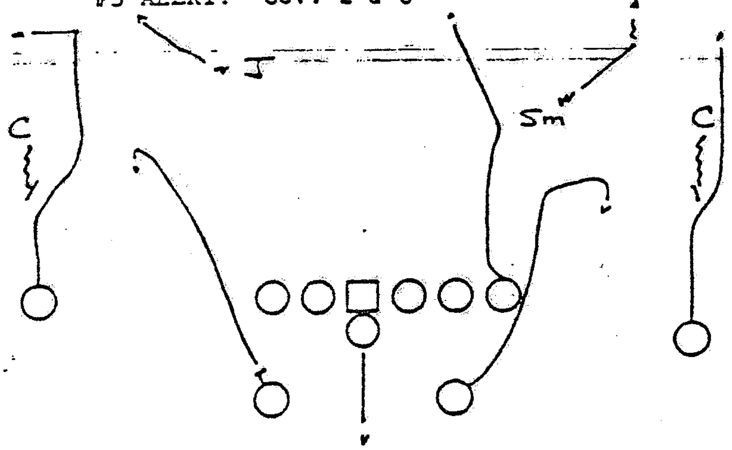
1. Be alert for Sam buster coverage!
2. SB will stop away from Sam. Check Y!
3. Be aware of who is defensing the outside 1/4!
4.

#2 ALERT: SMACK DOG



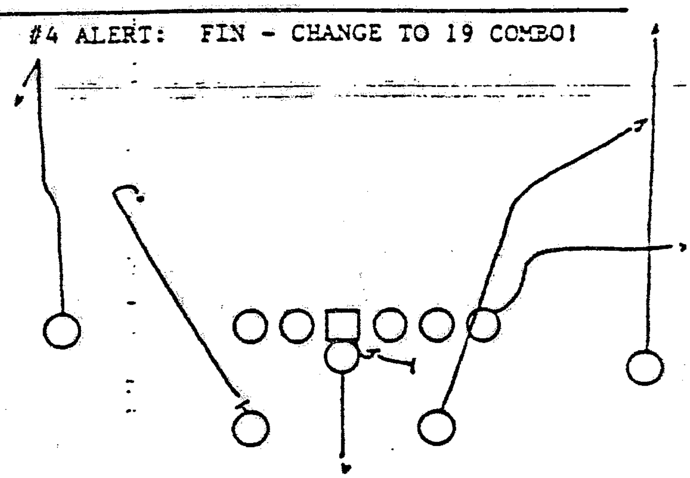
1. Mac & Stub dog - 1 blocker short!
2. CTR or GRD will pick up Mac! Stubs free!
3. Possible Y hot assignment vs. Mac dog!
4. P.S.L. Jack-Jack has Y in smack dog cover

#3 ALERT: COV. 2 & 8



1. Y will R & B Cover 2 & 8
2.
3.
4.

#4 ALERT: FIN - CHANGE TO 19 COMBO!



1. Read same as other stub passes!
2. Be alert for corner falling off Z!
3. Sam lays off - take Y on 19 route!
4. Very good vs. Sam up coverages.

Pattern Best Vs. Cover: 1W - 1 - 8 - 9 - 7 - 4 - 6 - 5 - 3 (Ranked in Order)

General Comments: With a Stub call and the SB releasing on an outside breaking pattern you think "Get the ball to the SB" regardless of the coverage unless you read him as covered! You are playing catch with the SB! Your concern is now the people playing defense outside of the SB - Sam inverting, corner Cleo or Stub buzzing wide area! Not there, come back to the Y 4 or weakside combo! If a Hot call is included, now you must read Stub as you drop to determine his intentions. If he dogs, lay it off to the SB on a Shoot. All individual out cuts to the SB are read the same with the one exception being a Fin!

QB Notes:

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: STUB Pattern: 549 Flares: HOOK / OPTION

Halfback (Weakside)
Protection: S.P.U. BUCK Route: HOOK Adj. Vs. Cov: NONE
Variation Routes: DRAW Dog Principle: NONE
Movement: NONE

C.P.s:
1. S.P.U. Buck! If he dogs, take up the slack!
2. Buck drops, run a hook!
3. X is on a 5 in the wide area - you hook up in the number area!
4.
5.

Fullback (Strongside)
Protection: NO S.P.U. Route: OPTION Adj. Vs. Cov. STOP UP VS. CLEO
Variation Routes: OUT-HOOK-FIN-FLAG Dog Principle: POSSIBLE HOT CALL
Release: OUTSIDE Movement: NONE

C.P.s:
1. Release without P.U. at Stub's outside shoulder. Push 'em upfield & read him
2. Stub M.F.M. - Beat on out cut. Stick 'em at the top of the stem!
3. Stub buzzes wide area, look for Sam & run route on him (Stop)
4. Strong Cleo, stop up in the # area! 90 def. Stub inside! Read Sam!
5. Fin call: Release inside Y's 19 Combo, pushing up & bending out to 18 yds.!
6. Cleo vs. Fin, hit the crease! Hot call N.S.P.U. Shoot vs. Stub dog!

X or Q (Weakside Receiver)
Location: BASIC Route: 5 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: NONE Blitz Principle: S.A. Movement: NONE
Slot Route: 49 Twin Route: 49 Adj. Vs. Cov: NONE

C.P.s:
1. Push to 20 yds. and bring it back to 15 yds.!
2. Attacking a zone Cleo technique, burst & level off! Don't come back!
3. B & R, release outside and push upfield and come back!
4. Q position, nothing changes! Just don't get held up!
5. Don't assume you won't get the ball!
6.

Y or Slot (Middle Receiver)
Location: POC Route: 49 Release: INSIDE Adj. Vs. Cleo: NONE
Change Up Routes: 19 Dog Principle: POS. HOT Blitz Principle: S.A.
TE at Q Route: 5 Adjs. Vs. Cov: R & B - 2-8-3-5 Movement: TOM/TIM

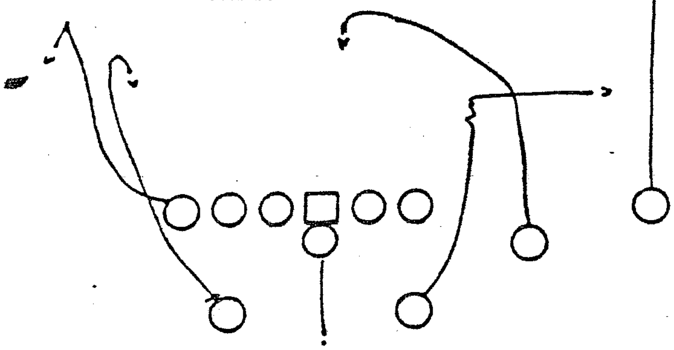
C.P.s:
1. Force an inside release & run a hash area 49 Combo route!
2. Alert for a cover 2-8 - 3 & 5 read! QB may lay it up to you!
3. It is possible to assign you a "Hot" receiver principle vs. a Mac dog (G.P.)
4. Same principles for the slot.
5. Fin call - pattern will be a 19 combination! Run it 4 yds. deep!
6. Alert for a lay off if coverage lays off! Don't stop vs. a Cleo!
7. Stub dogs a Fin call, go to Y hot!

(Strongside Outside)
Location: BASIC Route: 49 Release: VARY Adj. Vs. Cleo: FADE
Change Up Routes: NONE Blitz Principle: S.A. Movement: ZOOM/ZIN/ZOT
Slot Route: 49 Twin Route: 49 Adj. Vs. Cov: NONE

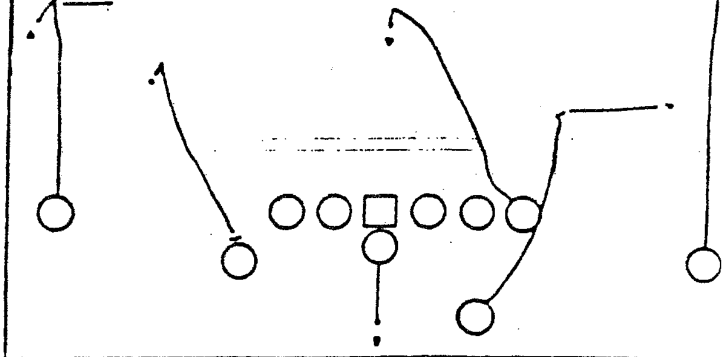
C.P.s:
1. Run a true 9 pattern, making the corner think you are the primary receiver!
2. Secondly, stretch the zone vertically so the FB can operate under you!
3. Don't get held up by a rotating corner!
4. Take a peak just in case the QB comes to you!
5.
6

FORMATION VARIATIONS FOR PATTERN: STUB - 549 HOOK/OPTION

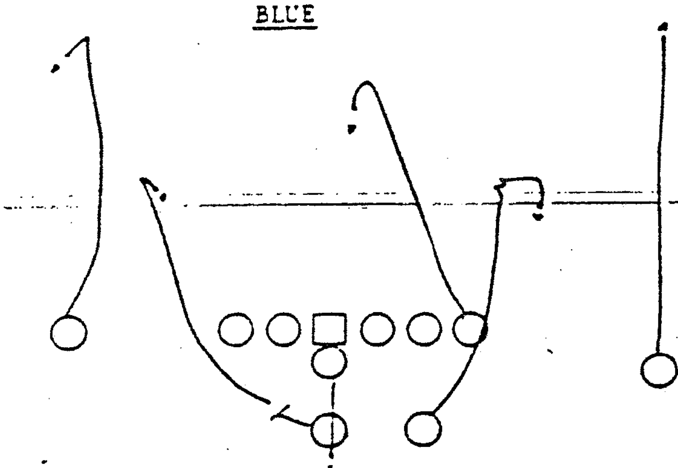
GREEN SLOT



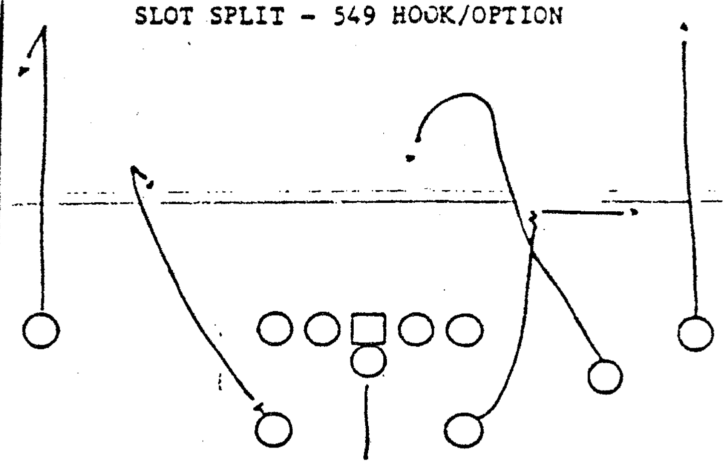
ACE - STUB - 549 HOOK/OPTION



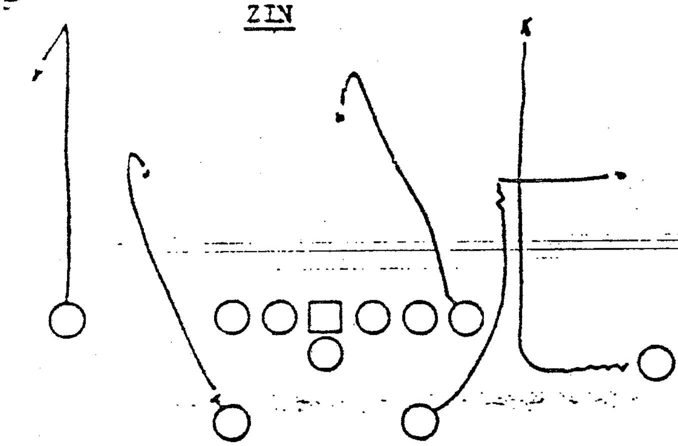
BLUE



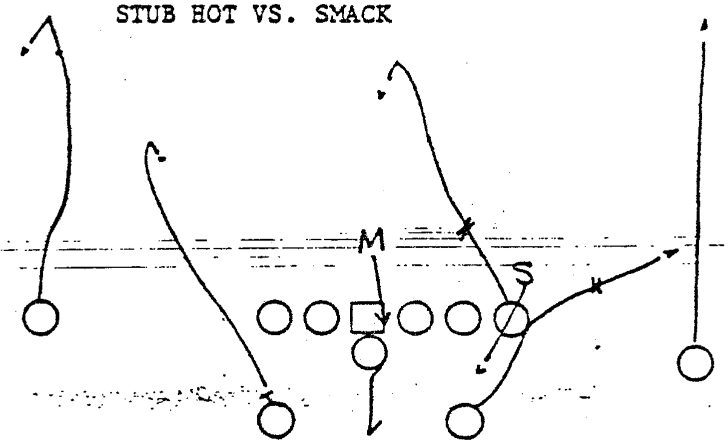
SLOT SPLIT - 549 HOOK/OPTION



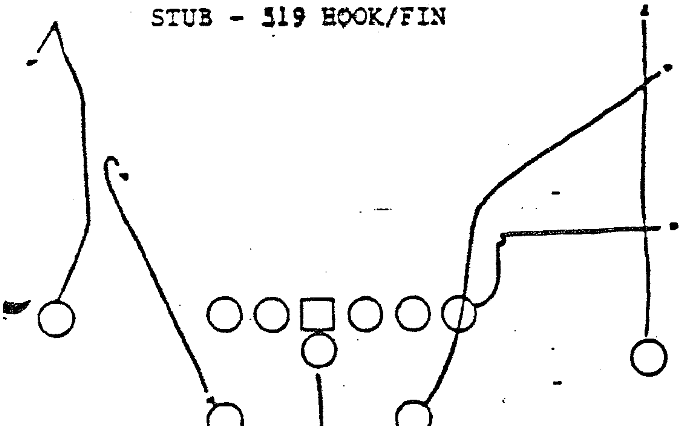
ZIN



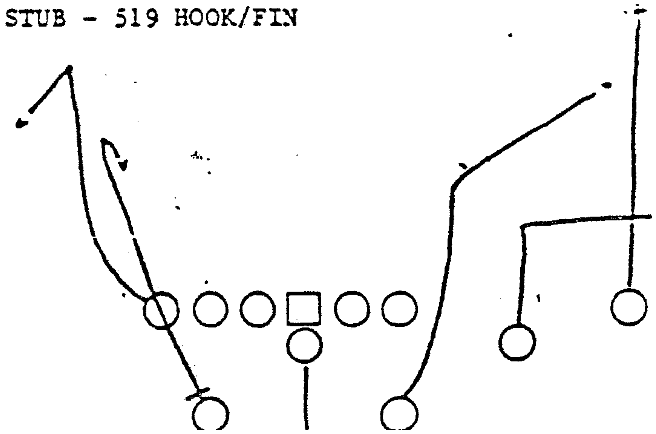
STUB HOT VS. SMACK



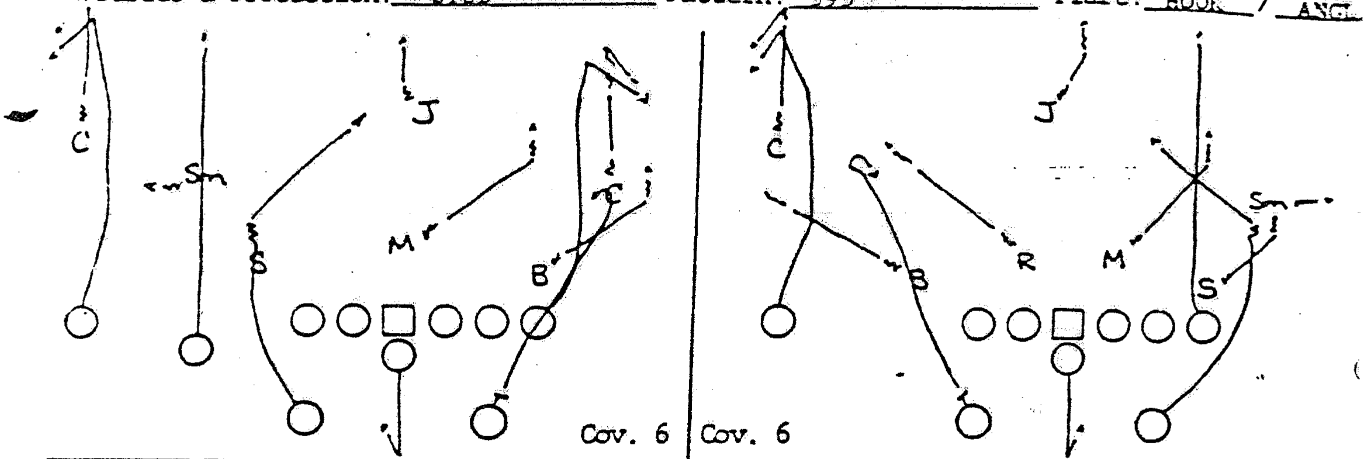
STUB - 519 HOOK/FIN



STUB - 519 HOOK/FIN



Series & Protection: STUB Pattern: 595 Flare: HOOK / ANGL



Quarterback

P.S.L.: SAFETIES-JACK Read: B.L.S. to SAM to BUZZ SYS. STG Drop: 7 & 2

Pattern Progression Wk: HB to X Progression Stg: FB to HB to X!

Blitz/Dog Principle: REC'S S.A. SAFETY BLITZES: HOT CALL ='s FB HOT VS. STUB DOG
Y HOT BY G.P. ON MAC DOG!

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: BURST HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE - ALREADY on 9!

Rec. Adjs. Vs. Coverage: NONE

Formation Variations:
1. GREEN
2. ACE STRONG
3. BLUE
4. SLOT/TWIN SPLIT
5. ACE SLOT STRONG
6.
7.
8.

Series Variations: 1. STUB HOT 2. NORTH HOT 3. SOUTH HOT

Rec Variations: X/Q: - / / Y/S: - / / Z: - / /

RB Flare Variations: IN - CHOICE

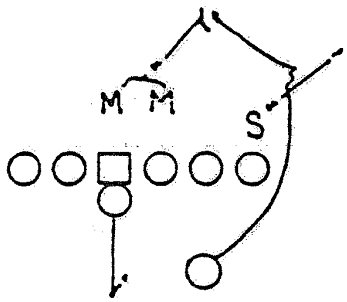
Use of Movement: ZOOM/ZIN/ZOT/TIM/TOM

QB Coaching Points For Stub With the FB Breaking Inside!

1. Stride for 7 steps and settle in 2 steps! (Drop Option)
2. Sam is used as a coverage indicator for strong or weak coverage.
3. Strong coverage, read Sam to strongside buzz system!
4. Really be aware of the 2nd LB'er inside, Mac and or Sam in buster coverage!
5. FB covered, go back weakside because you have HB in control weak!
6. ANGLE call, the SB will come back inside regardless of the coverage! His Angle may
7. Be alert for Jack picking up inside cut in some form of 3 or 5 coverage! Should be
8. IN call, same as angle! He will come back inside regardless of coverage!
9. CHOICE call, the SB has the choice of an angle or Out, dependent upon coverage!
10. Hot call, the SB will be hot vs. a Stub dog! Read Stub. Not picked up vs. Smack dc
11. Basic rule for SB coming back inside, put Y or slot & Z on a 95 Combo!
12. Your 7 & 2 drop may have to shorten up if the SB comes open earlier!
13. Don't throw in breaking patterns to the SB late! You may not see Rover or Buck!
14. Alert for multiple LB'er defenses and or forms of Nickel!
*15. 90 front - Read the same with more awareness of Stub inside cut!

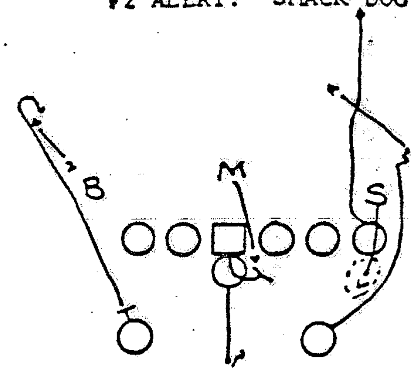
QUARTERBACK ALERTS

#1 ALERT: 2nd LB'er INSIDE



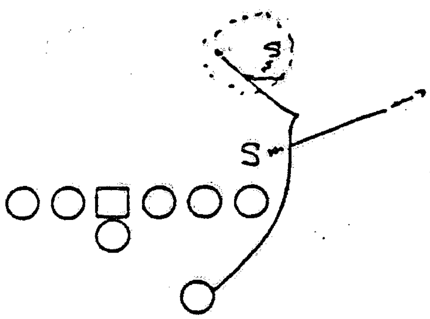
1. If he beats Stub inside, check 2nd LB'er.
2. SB walled off, think weakside!
3. Alert 30 defenses.
4. 90 defense - Stub inside - be alert!

#2 ALERT: SMACK DOG



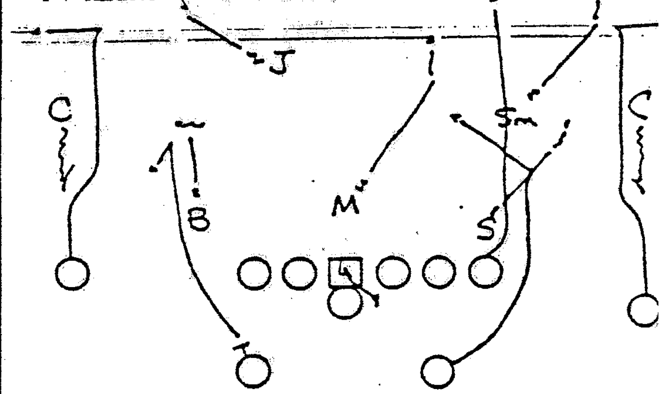
1. Mac & Stub dog = 1 blocker short!
2. CTR or GRD will pick up Mac! Stubs free
3. Possible Y Hot assignment vs. Mac Dog.
4. P.S.L. Jack: Jack has Y in Smack dog co

#3 ALERT: SAM BUSTER COVERAGE



1. Sam read should prevent mistake!
2. Sam holds in buster area-he's #2 inside!
3. Not there, think HB to X
4. Sam squats - alert Cov. 3!

#4 ALERT: COV. 2 or 8



1. Y is already down the hole.
2. If you see the coverage & Y's clean-tak 'em
3.
4.

Pattern Best Vs. Cover: 6 - 3 - 5 - 8 - 2 - 4 - 1 - 7 (Ranked in Order)

General Comments: With a Stub call and the SB coming back inside, you think "getting the ball to the "SB" regardless of the coverage until you read him as covered! You are playing catch with the SB! Remember when Choice is called, you have given the SB a choice of what route to run! #1 = Angle #2 - Out #3 = Stop! Your drop may have to shorten up if you read the SB coming open early!

QB Notes:

RUNNINGBACK/RECEIVER COACHING POINTS

ries & Protection: STUB Pattern: 595 Flares: HOOK / ANGLE

lfback (Weakside)
Protection: S.P.U. BUCK Route: HOOK Adj. Vs. Cov: NONE
Variation Routes: DRAW Dog Principle: NONE
Movement: NONE

C.P.s: 1. S.P.U. Buck! If he dogs, take up the slack!
2. Buck drops - run a Hook!
3. X's on a 5 - in the wide area - You hook in the number area!
4.
5.

llback (Strongside)
Protection: No S.P.U. Route: ANGLE Adj. Vs. Cov. NONE
Variation Routes: IN - CHOICE Dog Principle: HOT IF CALLED
Release: OUTSIDE Movement: NONE

C.P.s: 1. ANGLE: Push out & upfield to widen & deepen Stub, then come back under him!
2. Don't come under too soon. Allow Y to clean out! Angle upfield!
3. IN: Push upfield to deepen Stub, then come under at 8 yds! Y will clean out!
4. CHOICE: Release reading Stub! Stub man, think angle 1st, out 2nd!
5. If angling in, read Mac's drop. 90 defense, Stub inside - Be alert!
6. Zone, you may have to stop if Stub walls off angle and Sam inverts!

r Q (Weakside Receiver)
Location: BASIC Route: 5 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: NONE Blitz Principle: S.A. Movement: NONE
Slot Route: 95 Twin Route: 95 Adj. Vs. Cov: NONE

C.P.s: 1. Push to 20 yds. and bring it back to 15 yds.!
2. Attacking a Zone Cleo technique, burst & level off! Don't come back!
3. B & R, release outside and push upfield and come back!
4. Q position, nothing changes. Just don't get held up!
5. Don't assume you won't get the ball.
6.

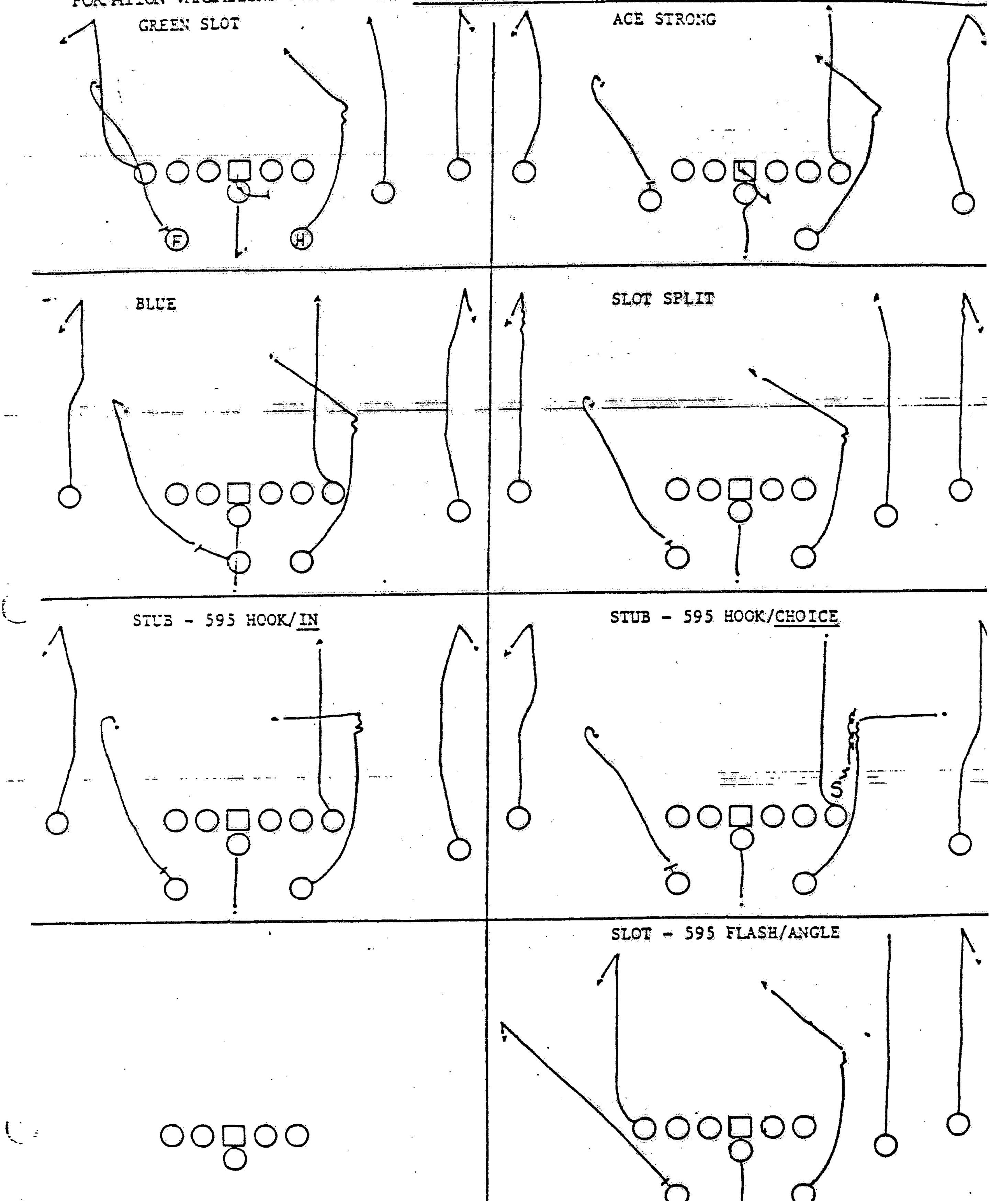
r Slot (Middle Receiver)
Location: POC Route: 95 Release: INSIDE Adj. Vs. Cleo: NONE
Change Up Routes: NONE Dog Principle: POS. HOT Blitz Principle: S.A.
TE at Q Route: 5 Adjs. Vs. Cov: NONE; ALREADY R & B Movement: TOM/TIM

C.P.s: 1. Force an insi[illegible] release and drive upfield!
2. Alert for a [illegible]ver 2-8 - 3 & 5 read! QB may lay it up to you!
3. It is possible to assign you a Hot rec. principle vs. a Mac dog! (G.P.)
4. Same principles for the slot!
5.
6.

Strongside Outside)
Location: BASIC Route: 95 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: NONE Blitz Principle: S.A. Movement: ZOOM-ZIN-ZOT
Slot Route: 95 Twin Route: 95 Adj. Vs. Cov: NONE

C.P.s: 1. Push to 20 yds. deep and bring it back to 15 yds.!
2. Stay with your 5 route vs. all coverages!
3. Attacking a Zone Cleo technique - burst and level off! Don't come back!
4. B & R, release outside and push upfield and come back!
5. The QB is thinking SB, but don't assume the QB won't come to you!
6

FORMATION VARIATIONS FOR PATTERN: STUB - 595 HOOK/ANGLE



BUCK SERIES

THE BUCK SERIES IS A WEAKSIDE HB PASSING SERIES FIRST AND SECONDLY, A SERIES THAT ALLOWS US TO LINE THE HB UP OUT OF THE BACKFIELD AND RELEASE WITHOUT CONCERN FOR S.P.U. IT IS CALLED BUCK TO ALERT THE UNCOVERED LINEMAN TO COME OUT AND CHECK BUCK WHILE THE FB HAS A DOUBLE PICK UP ON MAC/STUB! THE QB READS B.L.S. TO JACK AND THE WEAK BUZZ SYSTEM. HIS BASIC THOUGHT IS "I'M PLAYING CATCH WITH THE HB"! HIS DROP IS 7 OR 7 & 2, BUT HE HAS TO BE PREPARED TO SET AT ANY TIME, DEPENDENT UPON WHEN THE HB COMES OPEN.

ALL RECEIVER ROUTES MAINTAIN THEIR ORIGINALLY ASSIGNED BREAKING POINTS. THE SIGHT ADJUSTMENT PRINCIPLE IS ON AND Y CAN BE ASSIGNED A HOT READ ON MAC IF HE DOGS. WE CANNOT PICK UP A SMACK DOG. BOTH MAC & STUB DOGGING!

BUCK CAN BE COMBINED WITH OTHER SERIES CALLS:

EXAMPLE: BUCK - FIRM - 343 BACKS HOOK

THE BASIC PRINCIPLE OF WORKING TO THE HB IS:

1. HB BREAKING OUT = X ON A 9 - Y ON A 6 - Z ON A 5! (965)

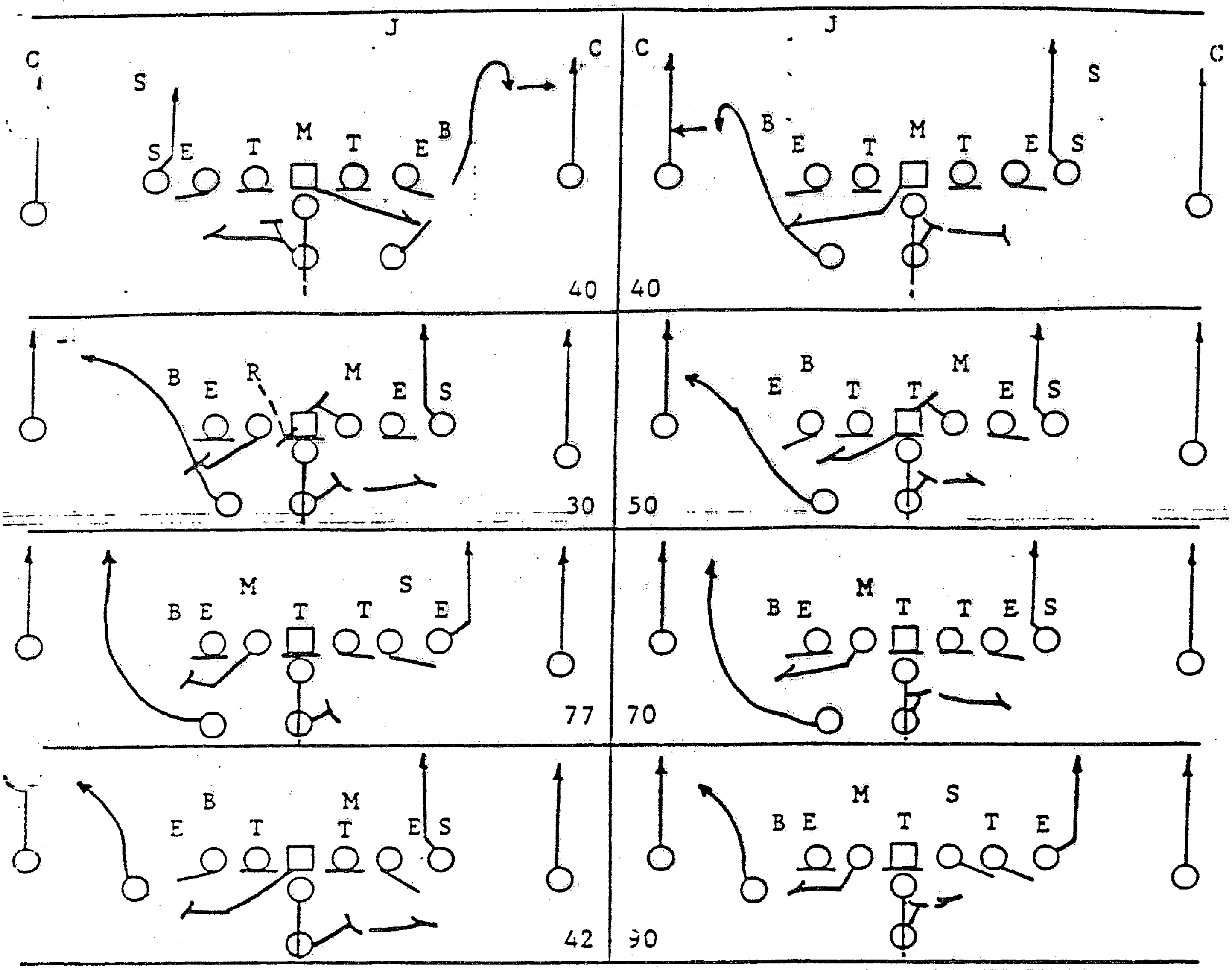
2. HB BREAKING INSIDE - X ON A 5 - Y ON A 90 - Z ON A 5 (595)

BUCK PATTERNS CAN BE USED IN PLACE OF AN EAST PATTERN IF WE DON'T WANT THE HB TO HAVE THE S.P.U.!

BUCK PATTERNS.

1. BUCK 965 OPTION - OUT - HOOK - FIN - FLAG - SEAM!
2. BUCK 595 ANGLE - IN - CHOICE
3. BUCK 444 BACKS FAN
4. BUCK 545 BACKS FAN
5. BUCK 639 UNDER/FLAT OR LOOP
6. BUCK 683 UNDER/HOOK
7. BUCK 873 FLY

BUCK PROTECTION



BLOCKING RULES

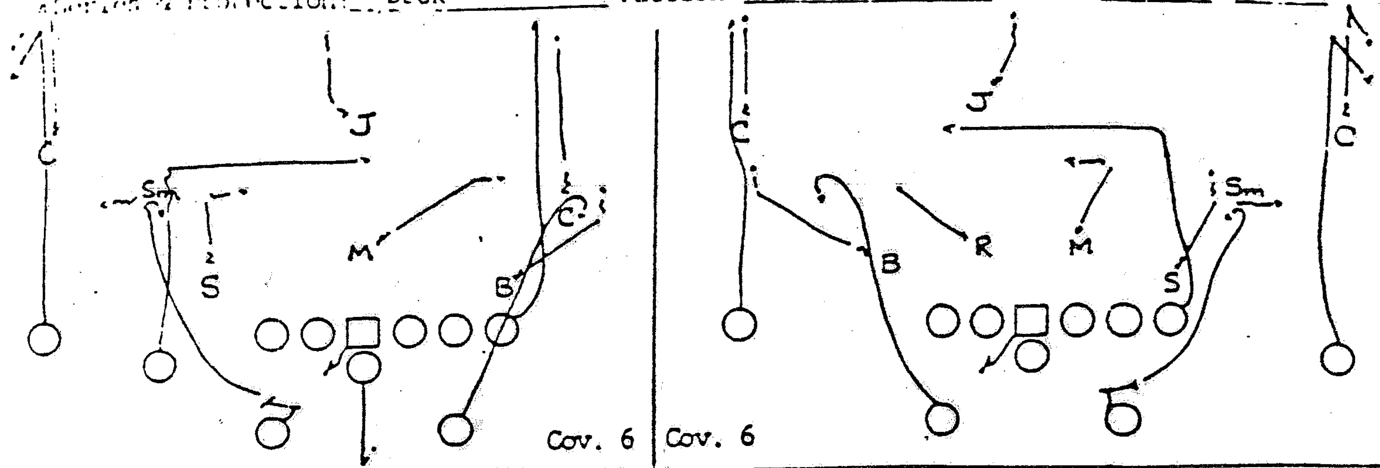
TIGHT END:	Run pattern called - Alert Hot assignment!
ONSIDE TAC:	Base 2 man
ONSIDE GRD:	Base 1 man - uncovered - Buck
CENTER:	Base 0 man - uncovered - Buck
OFFSIDE GRD:	Base 1 man - uncovered - Buck
OFFSIDE TAC:	Base 2 man.
QUARTERBACK:	7 or 7 & 2 STEP DROP.—BE PREPARED TO SET EARLIER!
WEAK BACK:	No S.P.U. - Run flare route called. Possible Hot assignment.
STRONG BACK:	Dual pick up - Mac to Stub - No dog - run route called (Hook)
X:	Pattern called.

Offensive line - Big men and Buck.
Zone all stunts.
Buck "Hot" call - No D.P.U. on Buck

COACHING POINTS BUCK PROTECTION

RMATIONS:	ALL	SPLITS: SMART DEPTH: OFF
TIGHT END	1. Run pattern called. S.A. safety blitzes - 20 yds. B.P.s! 2. If weakside in a 1 back formation, assume HB's responsibility-No S.P.U. 3. Can be assigned Hot receiver vs. Mac dog - G.P.	
ONSIDE TACKLE TE SIDE)	1. Base 2 man - Regular set. 2. Alert - 77 - 3 man - 90 - slide call - 3 man. 3. Zone all stunts.	
ONSIDE GUARD	1. Base 1 man - Regular set. 2. Alert - 90 - slide call - 2 man. 3. Alert - 50 - for covered or Louie call. 4. Alert - Buck Hot call - don't come out for Buck. 5. Zone all stunts.	
CENTER	1. Base 0 man - regular set. 2. Uncovered - block Buck. 3. Alert - Buck Hot call - don't come out for Buck. 4. Alert - 50 - for Louie call. 5. Zone all stunts unless you have Buck responsibility.	
OFFSIDE GUARD	1. Base 1 man - Regular set. 2. Uncovered - block Buck. 3. Alert - 50 - Covered call to on guard. 4. Alert - Buck Hot Call - don't come out for Buck. 5. Zone all stunts unless bubble your side - 30-70-77-90.	
OFFSIDE TACKLE)PENSIDE)	1. Base 2 man - regular set. 2. Alert - 50 - 42 - Base DE - 3 man. 3. Zone all stunts unless bubble yourside - 30-70-77-90	
QUARTER BACK	1. Take a 7 or 7 & 2 step drop. Be prepared to set sooner when working to 2. Think HB or weakside. Read B.L.S. to Jack & weak buzz system! 3. Sight adjust safety blitzes! Possible Hot to Y vs. Mac dogs! G.P. 4. Breaking points for rec's are 20 yds. HB - 7 to 10 yds! Flanked out - 5. HB inside route = 595. HB outside routes = 965. 5 y 6. Possible HB hot vs. Buck dogs - G.P.	
WEAK BACK	1. No swing pick up. Possible Hot assignment vs. Buck dog. 2. Run flare route called. 3. QB is thinking HB.	
STRONG BACK	1. Dual pick up - Mac to Stub. 2. No Dog - run route called (Hook)	
SPLIT - X	1. Run pattern called - S.A. Blitzes. 2. B.P.s 20 yds.	
FLANKER-Z	1. Run pattern called - S.A. Blitzes 2. B.P. 20 yds.	
OFFSIDE	1. Run Route called - 1 back set - set weak - No S.P.U. on Buck!	

Series & Protection: BUCK Pattern: 965 (ABLE 79) Flare: OPTION / HOOK



Quarterback

P.S.L.: SAFETIES Read: JACK to WK COR to BUZZ SYS. WK Drop: 7 & 2

Pattern Progression Wk: HB to Y to Z Progression Stg: Y to FB to Z!

Blitz/Dog Principle: REC's S.A. BLITZES! HOT CALL ='s HB HOT VS. BUCK DOG! Y HOT BY G.P. ON MAC DOG!

Rec. Adjs. Vs. Cleo = X/Q: FADE Y/Slot: NONE Z: BURST HB: STOP

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE

Rec. Adjs. Vs. Coverage: HB ADJUST ACCORDING TO WK CLEO AND LB'er BUZZ SYSTEM

Formation Variations:
1. ACE
2. ACE SLOT
3. SLOT SPLIT
4. "D" FORMATION
5.
6.
7.
8.

Series Variations: 1. BUCK "HOT" 2. EAST HOT 3. WEST

Rec Variations: X/Q: 4 / / Y/S: 9 / / Z: 8 / /

RB Flare Variations: HB = OUT - HOOK - FIN - FLAG - SEAM: FB = DRAW

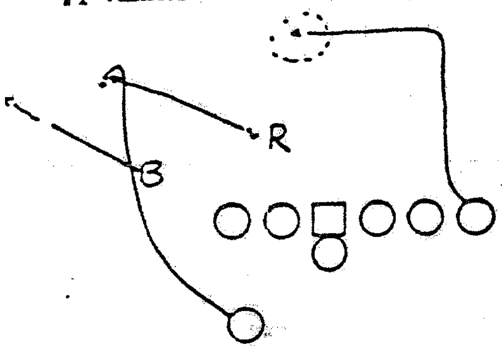
Use of Movement: ZOOM/ZIN/ZOT/TIM/TOM

QB Coaching Points FOR BUCK WITH HB BREAKING OUTSIDE!

1. Stride for 7 steps and settle in 2 steps! (Drop Option)
2. Once Jack's drop is confirmed, read the corner for coverage on X!
3. X is stretching the zone vertically for the HB to work under! Now study the Buzz Sys
4. HB will take on the Buzz system. He will counter the buzz!
5. Buck 1 on 1 man on HB, HB will beat on an 8 yd. out!
6. Buzz buzzes wide area. HB will Stop at 8! Buck nose position, HB will Stop!
7. Mac or Rover buzzes weakside hard, taking away HB stop - think Y on 6!
8. Buck covers HB inside out and takes away throwing lane. Think Y on 6!
9. Hot call, HB will be hot vs. a Buck dog! *Not picked up vs. a Smack Dog!
10. Weakside Cleo, the HB will stop in the hole. Check quick, not there get to Y!
11. Slot formation and working to Q side, treat the same as basic Red Set!
12. Flag call, put X or Q on an 8 route!
13. Basic rule - when HB is going to break out, run X or Q on a 9!
14. Any other out breaking route run by HB (Out/Hook/Fin/Flag) and you read a weak Cleo, go strong! Exceptions can be game planed!

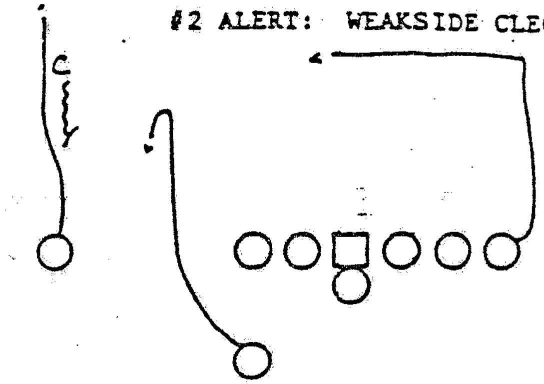
QUARTERBACK ALERTS

#1 ALERT: LB'ers BUZZ HARD WK.



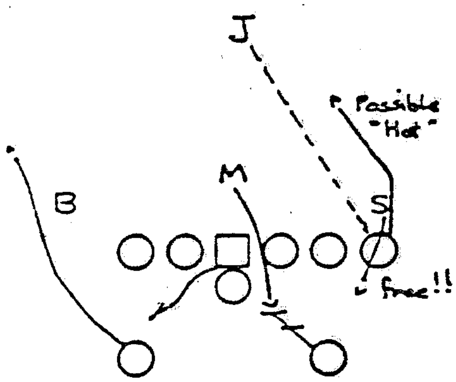
1. Insde LB'er (Rov or Mac) cov. stp-think Y!
2. Be more alert vs. 30 & 70 defenses.
3. Be aware of who is defensing the outside 1/4
4.

#2 ALERT: WEAKSIDE CLEO



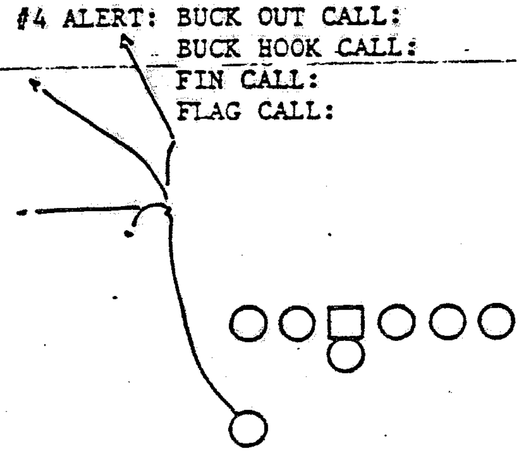
1. HB will stop anytime a defender shows i: outside 1/4. Cleo cor. or buck nose!
2. Check HB stop qk - then to Y!
3. If other type out cuts called - go stro:

#3 ALERT: SMACK DOG! MAC & STUB!



1. Mac & Stub dog - 1 blocker short!
2. FB will pick up Stub - Mac is loose!
3. Possible Y Hot assignment vs. Mac Dogs!
4. P.S.L. Jack - Jack has Y in Smack dog cov.

#4 ALERT: BUCK OUT CALL:
BUCK HOOK CALL:
FIN CALL:
FLAG CALL:



1. OUT call: adjust to Hook vs. Zone!
2. HOOK call: no adjustment vs coverage!
3. FIN call: no adjustment vs. coverage!
4. FLAG call: No adjustment vs. coverage!

Pattern Best Vs. Cover: COV 1 - 6 - 9 - 7 - 2 - 4 - 8 - 3 - 51 (Ranked in Order)

General Comments: With an option call, you are basically "playing catch" with the HB! Your thoughts are, "I'm going to the HB UNLESS" he's covered. If he is I'm going to Y! If a hot call is included, now you must read Buck as you drop to determine his intentions! He dogs, lay it off to the HB on a shoot! Any other individual cut called to HB is read the same way, with the one exception = SEAM ROUTE! Seam is a Jack to Buzz system read!

QB Notes:

RUNNINGBACK/RECEIVER COACHING POINTS

Series & Protection: BUCK - Pattern: 965 Flares: OPTION/ HOOK

Halfback (Weakside)
Protection: NO S.P.U. Route: OPTION Adj. Vs. Cov: STOP UP VS. CLEO
Variation Routes: OUT-HOOK-FIN-FLAG-SEAM Dog Principle: POSSIBLE HOT CALL
Movement: NONE

C.P.s:
1. Release without P.U. at Buck's outside shoulder. Push 'em upfield & read h
2. Buck MFM- beat on Out cut. Stick 'em at the top of the stem!
3. Buck buzzes wide area, push out at him & stop up 8 yds. deep! Alert for M o
4. Lined up out of backfield, make sure you get maximum depth!
5. Weak corner Cleo, stop up as you would a Buck nose or a Buck buzz!
6. Hot call, turn Option route into a Shoot if Buck dogs!

Fullback (Strongside)
Protection: D.P.U. Mc/STB Route: HOOK Adj. Vs. Cov. NONE
Variation Routes: DRAW Dog Principle: NONE
Release: OUTSIDE Movement: NONE

C.P.s:
1. Double pick up Mac to Stub. Either LB'er dogs, take up the slack!
2. Both LB'ers drop - run a Hook! Get there the best you can!
3. Buck Seam ca—, QB will call a Draw flare for you!
4.
5.

X or Q (Weakside Receiver)
Location: BASIC Route: 9 Release: VARY Adj. Vs. Cleo: FADE
Change Up Routes: 8 or 4 Blitz Principle: S.A. Movement: NONE
Slot Route: 65 Twin Route: 65 Adj. Vs. Cov: NONE - FADE A B & R

C.P.s:
1. Stretch the area vertically so the HB can work underneath you!
2. Make the corner believe you are the primary, especially on a Fin call!
3. Q position - release outside and really go! Alert for 8 call!
4. Seam call, don't allow corner to fall off back into HB!
5. Alert for BLUFF call, telling Q to fake a slow block, then release!
6.

Y or Slot (Middle Receiver)
Location: POC Route: 65 Release: LOCATION Adj. Vs. Cleo: NONE
Change Up Routes: NONE Dog Principle: POS.HOT Blitz Principle: S.A.
TE at Q Route: 9 Adjs. Vs. Cov: NONE Movement: TIM

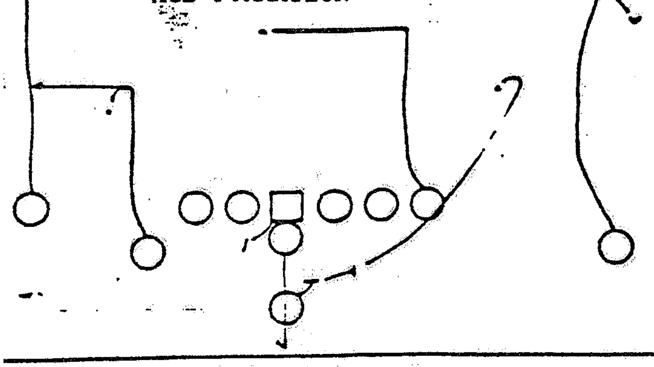
C.P.s:
1. Set wide field, release outside! Set short field, release inside!
2. Work upfield 12 to 15 yds. and come inside. Keep coming!
3. QB thinking of you as an outlet if he can't get the ball to HB!
4. If in a slot, make sure to get into the hash area in a hurry!
5. Seam call, force an inside release!
6.

Z (Strongside Outside)
Location: BASIC Route: 65 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: 68 Blitz Principle: S.A. Movement: ZOOM/ZIN/ZOT
Slot Route: 65 Twin Route: 65 Adj. Vs. Cov: NONE

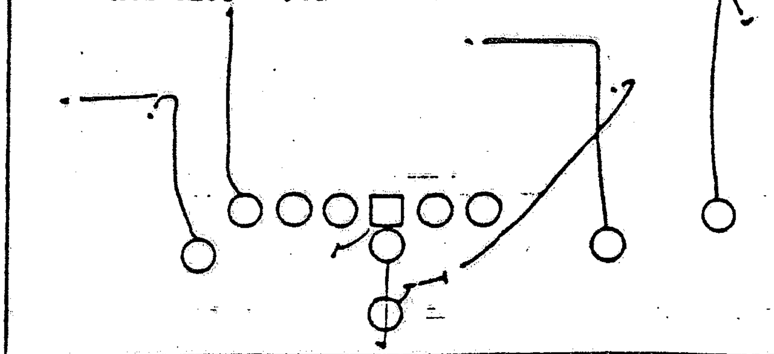
C.P.s:
1. Run a basic 5 route!
2. Be alert for ball if you recognize weak coverage!
3. Buck Seam pattern, alert for 8 pattern backside.
4. QB reads Jack and works behind his drop - HB to Z!
5.
6.

FORMATION VARIATIONS FOR PATTERN: BUCK 965 OPTION/HOOK

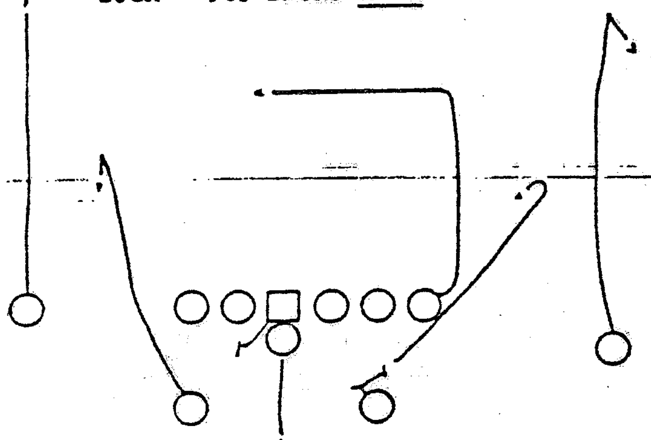
ACE FORMATION



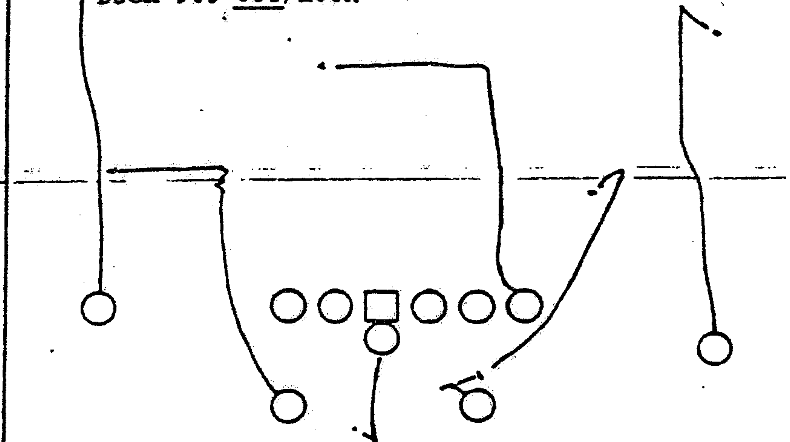
ACE SLOT - 965 OPTION



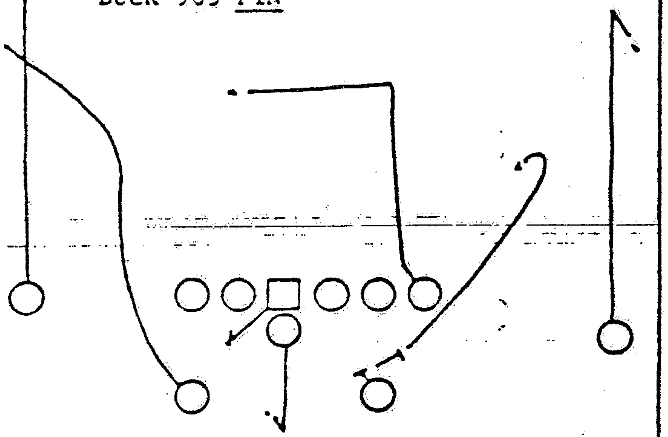
BUCK - 965 BACKS HOOK



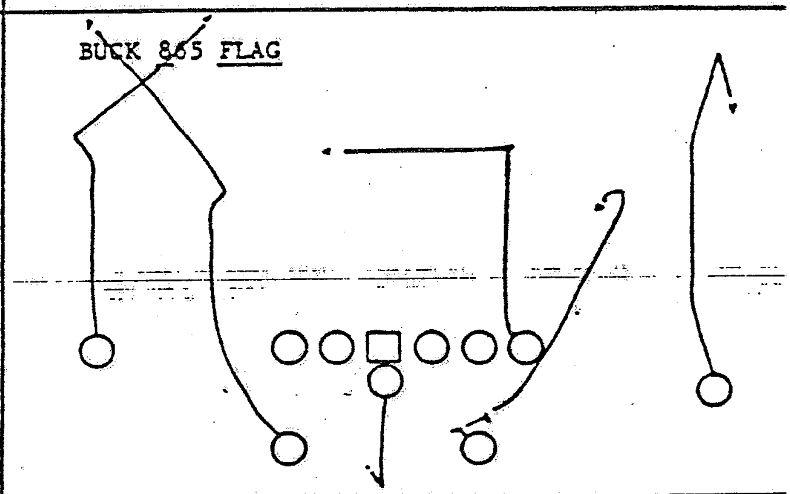
BUCK 965 OUT/HOOK



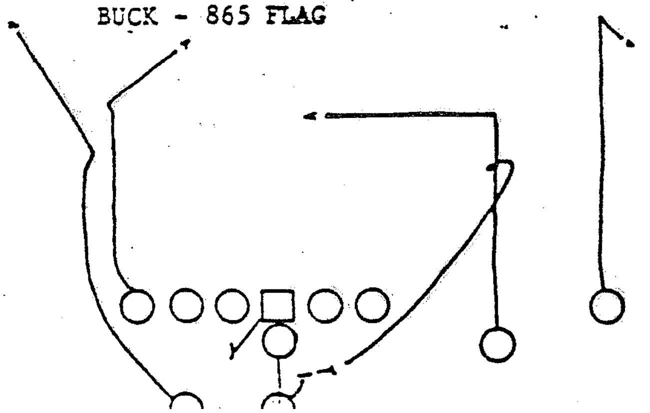
BUCK 965 FIN



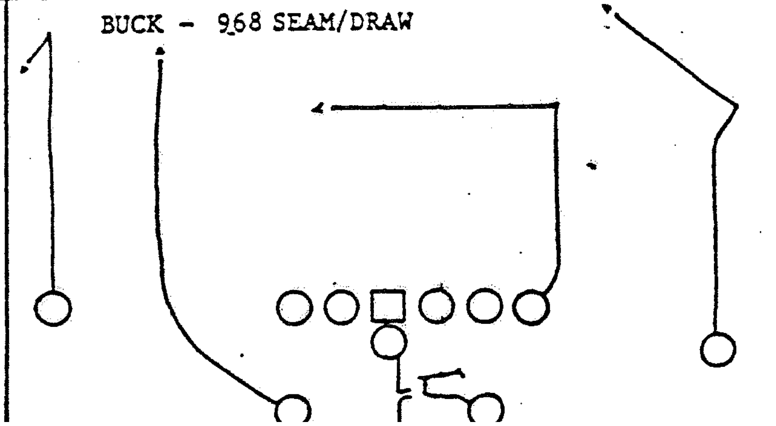
BUCK 865 FLAG



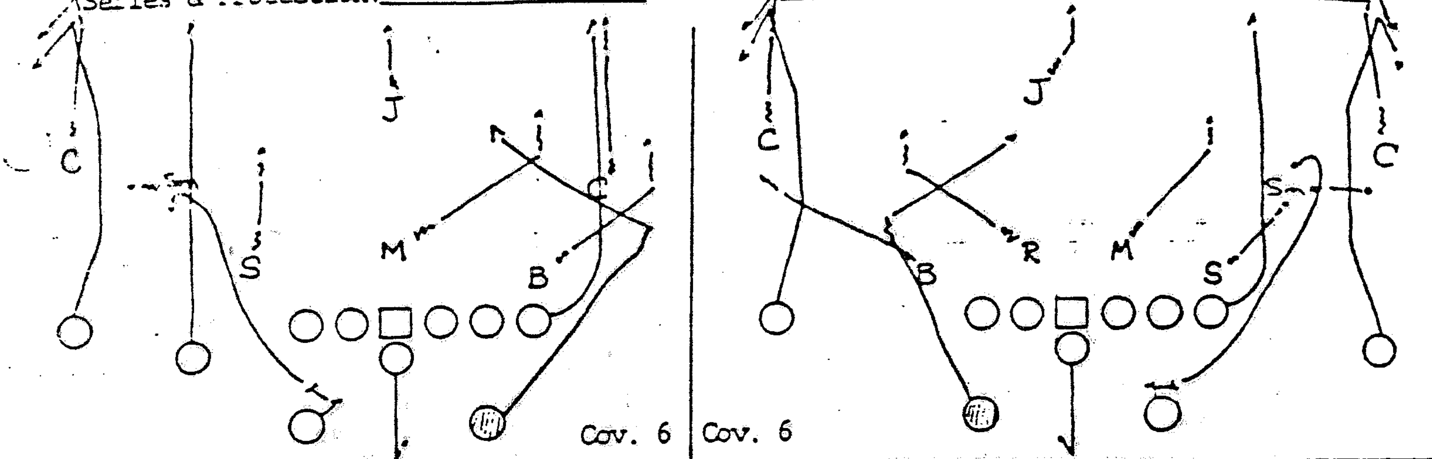
BUCK - 865 FLAG



BUCK - 968 SEAM/DRAW



Series & Protection: BUCK Pattern: 595 Flare: ANGLE / HOOK



Quarterback

P.S.L.: SAFETIES-JACK Read: JACK to BUZZ SYSTEM WK. Drop: 7 & 2

Pattern Progression Wk: HB to Z Progression Stg: FB to Z

Blitz/Dog Principle: REC's S.A. BLITZES. HOT CALL ='s HB HOT VS BUCK DOG
Y HOT BY G.P. ON MAC DOG!

Rec. Adjs. Vs. Cleo = X/Q: BURST Y/Slot: NONE Z: BURST HB: NONE

FB: NONE Adj. Vs. Cov. 2 & 8 = Y/Slot: NONE - ALREADY ON 9!

Rec. Adjs. Vs. Coverage: NONE

Formation Variations: 1. ACE 2. ACE SLOT
3. SLOT/TWIN SPLIT 4. "D" FORMATIONS 5.
6. 7. 8.

Series Variations: 1. BUCK HOT 2. EAST HOT 3. WEST

Rec Variations: X/Q: - / / Y/S: - / / Z: - / /

RB Flare Variations: HB = IN / CHOICE

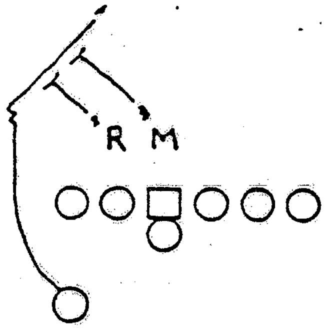
Use of Movement: ZOOM/ZIN/ZOT/TIM/TOM

QB Coaching Points For Buck With HB Breaking Back Inside!

1. Stride for 7 steps and settle in 2 steps! (Drop Option)
2. Jack is used as a coverage indicator, strong or weak!
3. Concentrate on the buzz system! Think HB all the way!
4. Really be aware of the 2nd LB'er inside - Mac or Rover. If he walls off IN breaks, go s
5. If you were to go to X because HB is covered, you must be alert for Buck underneath X!
6. Choice call, the H.B. has a choice of an Angle - Out or a Stop, dependent upon coverag
7. In call, the HB comes back inside regardless of the coverage!
8. Angle call, the HB comes back inside regardless of the coverage! His angle may vary!
9. Hot call, the HB will be hot vs. a Buck dog! Initial read is Buck! Not Picked Up vs a S
10. Basic rule is - HB breaking in, put Y or Slot on a 9!
11. Your 7 & 2 drop may have to shorten up when going to HB if he comes open early!
12. Don't throw the in breaking patterns to the HB late! You may not see Stub or Sam's pla
13. Alert for multiple LB'er defenses! 30 or forms of nickels.
14. If Jack busters, or goes Cov. 9 - be alert for his play on the HB! Think strongside!
15. Slot formations - Q runs a 9 instead of a 5 = 995!
16. Possible BLUFF call, telling O to fake a slow block!

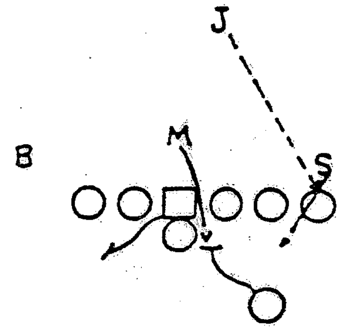
QUARTERBACK ALERTS

#1 ALERT: 2nd LB'er INSIDE



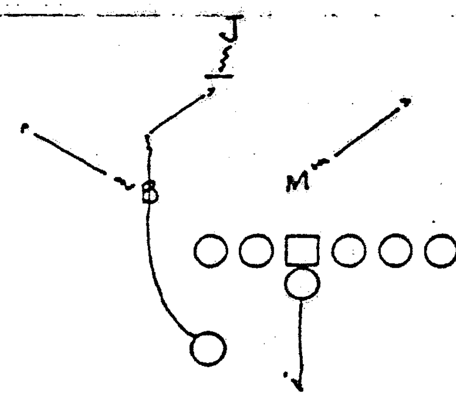
1. If HB beats buck inside, check 2nd LB'er!
2. HB walled off - think strongside!
3. G.P. may allow you to think X!
4. 30 Defenses!

#2 ALERT SMACK DOG!



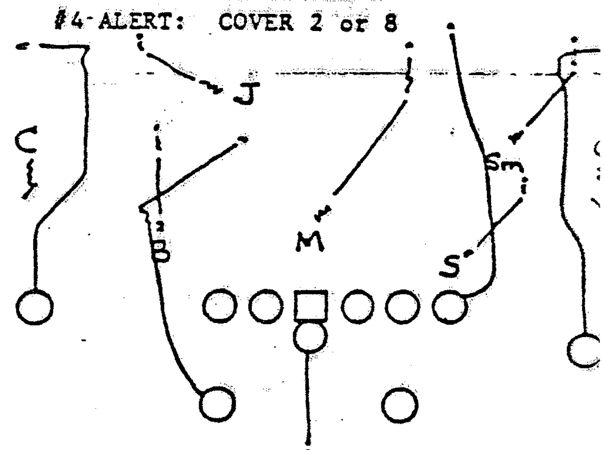
1. Mac & Stub dog = 1 blocker short
2. FB will pick up Mac - Stub is loose!
3. Possible Y Hot assignment vs. Mac-Dog
4. P.S.L. Jack - Jack has Y in Smack Dog

#3 ALERT: JACK BUSTER OR COV. 9!



1. Initial read of Jack should prevent mistakes.
2. Jack holds in Buster area or plays dog cov!!
3. Dog can stay with X!
4. Zone - go strong!

#4 ALERT: COVER 2 or 8



1. Y is already down the hole!
2. If you see the coverage & Y clean - ta hi
3.
4.

Pattern Best Vs. Cover: 1 - 7 - 6 - 8 - 9 - 4 - 2 - 3 - 5-NICKEL (Ranked in Orde

General Comments: With a Buck call and the HB coming back inside, you think getting the ball to the HB regardless of the coverage until you read the HB as covered. Much the same philosophy as the Option - playing catch with the HB! Remember, when a Choice has been called, you have given the HB a choice as to what route to run. #1. Angle #2. Out #3. Stop! Your drop may have to shorten up if you read the HB coming open early!

QB Notes:

RUNNINGBACK/RECEIVER COACHING POINTS

ries & Protection: BUCK Pattern: 595 Flares: ANGLE / HOOK

lfback (Weakside)
Protection: NO S.P.U. Route: ANGLE Adj. Vs. Cov: ADJUST A CHOICE CALL!
Variation Routes: IN - CHOICE Dog Principle: HOT IF CALLED
Movement: NONE

C.P.s:
1. ANGLE: Push out & upfield to widen & deepen buck, then come under him!
2. Don't come under too soon. Push him upfield & break inside at an angle!
3. IN: Push upfield to deepen Buck, then come under at 8 yds.
4. CHOICE: Release reading Buck. Buck man, think angle 1st, out 2nd!
5. If running an angle, read Mac or Rover's drop!
Buck zone, stop in the open area!

llback (Strongside)
Protection: D.P.U. Mc/STB Route: HOOK Adj. Vs. Cov. NONE
Variation Routes: DRAW Dog Principle: NONE
Release: OUTSIDE Movement: NONE

C.P.s:
1. Double pick up Mac to Stub. Either LB'er dogs, take up the slack!
2. Both LB'ers drop - run a Hook. Get there the best you can!
3.
4.
5.

or Q (Weakside Receiver)
Location: BASIC Route: 5 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: NONE Blitz Principle: S.A. Movement: NONE
Slot Route: 95 Twin Route: 95 Adj. Vs. Cov: NONE

C.P.s:
1. Push 20 yds. deep and bring it back to 15 yds.
2. Attacking a zone Cleo technique, burst and level off! Don't come back!
3. Bump and run, release outside and push upfield & come back!
4. Q position, nothing changes. Just don't get held up!
5. You are a secondary receiver in the pattern, but don't assume you won't get the ball!
6.

or Slot (Middle Receiver)
Location: POC Route: 95 Release: BEST Adj. Vs. Cleo: NONE
Change Up Routes: NONE Dog Principle: POS. HOT Blitz Principle: S.A.
TE at Q Route: 9-5 Adjs. Vs. Cov: NONE Movement: TIM/TOM

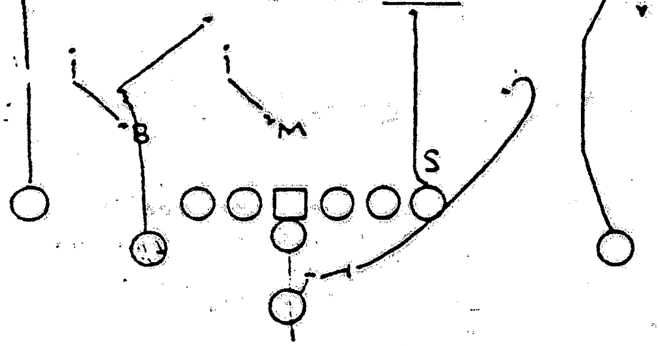
C.P.s:
1. Take the best release possible and clean out for HB coming underneath!
2. Alert if you were to read a Cov. 2 or 8! QB may lay it up to you!
3. It is possible to assign you a HOT rec. principle vs. a Mac Dog! G.P.!
4. Some principles for the Slot!
5. Q position: run a 9 route.
6. Alert BLUFF call, telling Q to fake slow block, then release!

(Strongside Outside)
Location: BASIC Route: 95 Release: VARY Adj. Vs. Cleo: BURST
Change Up Routes: NONE Blitz Principle: S.A. Movement: ZOOM-ZIN-ZOT
Slot Route: 95 Twin Route: 95 Adj. Vs. Cov: NONE

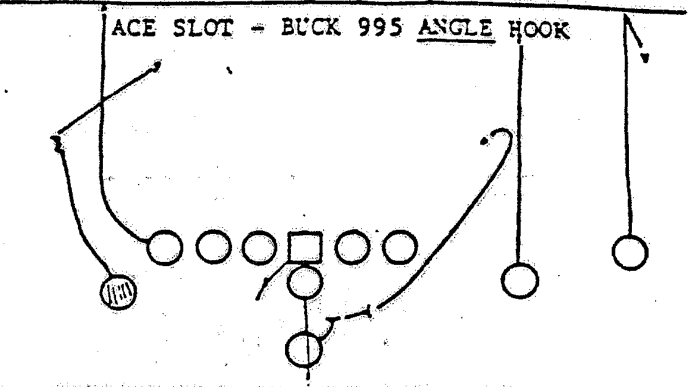
C.P.s:
1. Push to 20 yds. deep and bring it back to 15 yds!
2. Stay with your 5 route vs. all coverages!
3. Attacking a Zone Cleo technique - burst & level off! Don't come back!
4. Bump and Run, release outside and push upfield and come back!
5. The QB is thinking HB but don't assume the QB won't come to you!
6

FORMATION VARIATIONS FOR PATTERN: BUCK 595 ANGLE - IN or CHOICE/HOOK

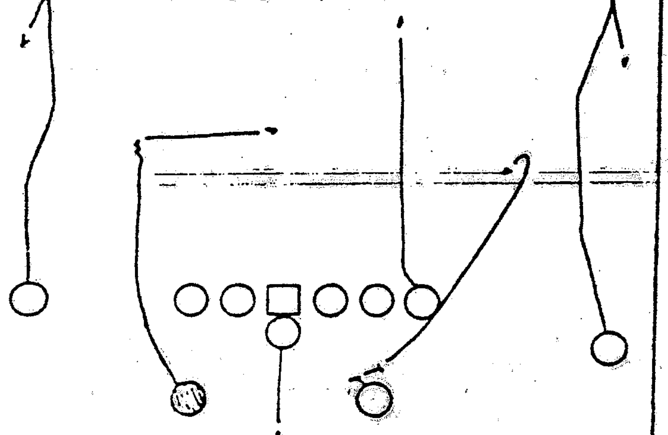
ACE BUCK - 595 ANGLE



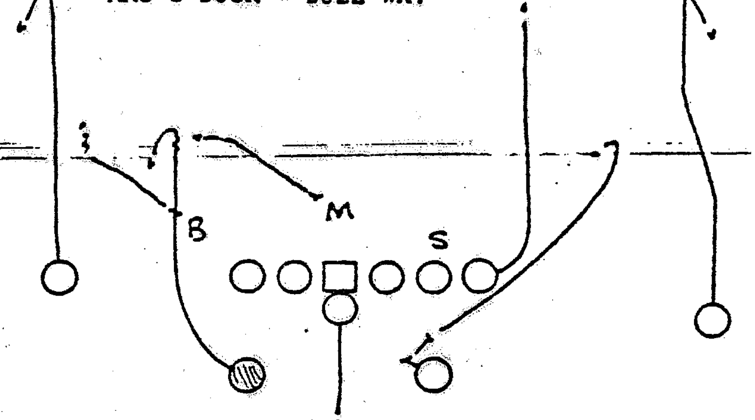
ACE SLOT - BUCK 995 ANGLE HOOK



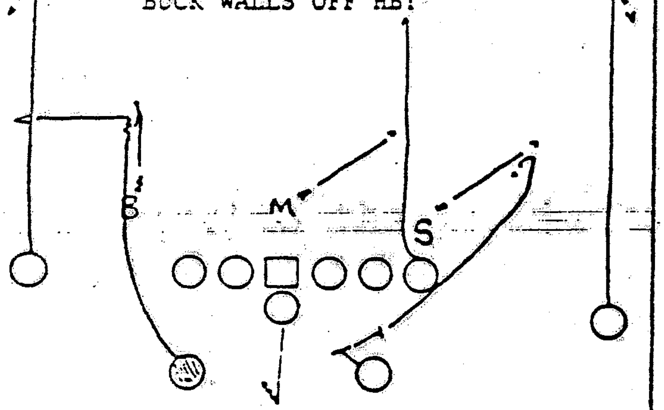
BUCK 595 IN/HOOK



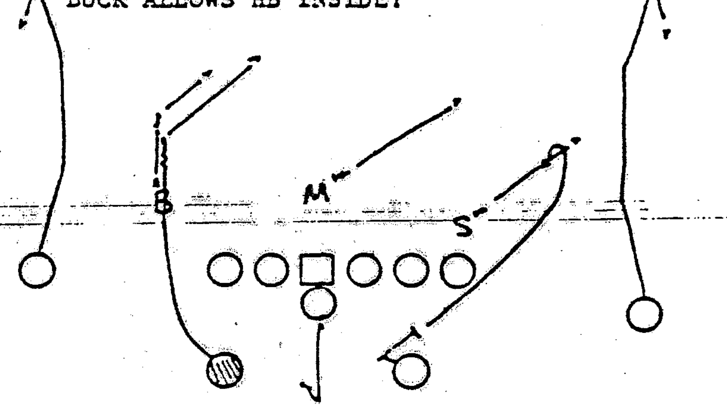
BUCK - 595 CHOICE/HOOK
MAC & BUCK - BUZZ WK!

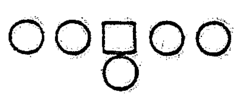


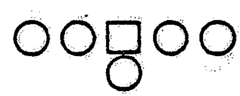
BUCK - 595 CHOICE/HOOK
BUCK WALLS OFF HB!



BUCK 595 CHOICE/HOOK
BUCK ALLOWS HB INSIDE!







FORMATION VARIATIONS FOR PATTERN: ACE FORMATION - BUCK "BLUFF" TECHNIQUE

